



Children's Nutrition Team

Five Day Meal Planner

We have based our 5 day meal planner on the average cost of ingredients from the major supermarkets. This planner is designed to feed one child five lunches and snacks for £15 with leftovers. Please head to our Twitter page @NHSTamesideCNT for more advice, hints and tips! We'd love if you could share with us any pictures of you trying our recipe ideas!

Shopping List

Wraps x 8	95p
Passata - 500g	40p
Mixed peppers x 3	£1
Onion x 3	85p
Mushrooms - 300g	69p
Cheese - 220g	£1.55
Cherry tomatoes - 250g	54p
Jacket potatoes - 4 pack	50p
Frozen peas - 900g	61p
Beans - 400g	30p
Tinned sardines - 125g	40p
Lemon x 3	38p
Mixed herbs - 18g jar	85p
Garlic	16p
Cream cheese - 200g	49p
Ham slices - 125g	86p
Pack of plain bagels x 5	79p
Bag of apples x 5	45p
Cinnamon - 40g jar	85p
Natural yoghurt - 500g	45p
Tinned peaches - 400g	33p
Bananas x 3	39p

Total Cost: £13.79

Estimate based on average of local supermarkets



WHAT'S ON THE MENU?

MONDAY

Spud boats on a beany sea

Medium jacket spud
Small matchbox size grated cheese
Onions
Handful broccoli
1/3 tin baked beans

WEDNESDAY

Build your own lunch

Tortilla
Matchbox size cheese, sliced
Ham slices, quartered
Cherry tomatoes, halved
Tablespoon of cream cheese
1/2 pepper



FRIDAY

Simple Jacked Potato with cheese, beans and mushrooms

Medium potato
Small matchbox size grated cheese
1/3 tin of beans
Handful mushrooms

TUESDAY

Cheats Calzone

Tortilla wrap
Tomato passata
1/2 Pepper
1/4 Onion
Handful Mushrooms
2 slices of Ham, chopped
Small matchbox size grated cheese
3 cherry tomatoes
Tsp mixed herbs

THURSDAY

Grilled sardine bagel

125g tin of sardines
2 tablespoons Passata
1 plain bagel
3 cherry tomatoes
Mixed herbs

SNACKS

1/2 lightly toasted bagel (*sprinkled with cinnamon or with cheese spread*)
Pepper sticks with cream cheese dip
Cherry tomatoes
Apples
Bananas
Peaches and yoghurt
Homemade baked tortilla crisps

RECIPES

Spud boats on a beany sea

Whack a medium potato in the microwave for 6-8 minutes. Lightly fry the onion. When cooked, slice in half and remove the soft potato (being careful not to break the skin). Mash in a bowl with the ham, onion and grated cheese. Carefully spoon the mixture back into the potato skins. Bake in the oven for 20 minutes or until golden on top. Heat up 1/3 tin of baked beans following the pack instructions. Serve the spud boat on top of a sea of beans.

Cheats Calzone

Heat a teaspoon of oil in a pan and add the diced onion and cook for two minutes. Add the sliced mushrooms and peppers and cook until soft. Pour in 100mls of passata and cook for a further 5 minutes.

Place the tortilla onto a baking tray. Pour the mixture onto the tortilla and fold it in half. Sprinkle a small amount of grated cheese over the top of the folded tortilla and bake in the oven (mid heat) until the cheese is golden.



Grilled Sardine Bagel

Roughly mash the sardines with a fork and mix with a tablespoon of passata. Grate the zest off some of the lemon and squeeze a bit of the juice in too. Chop 3 cherry tomatoes into small pieces and mix in. Slice a bagel in half through the middle. Spread the mix on top and grill for 5 minutes.

Spread the mixture on top and enjoy!

Baked apples

Core an apple, or chop into big chunks. Sprinkle over a little cinnamon. Pop onto a baking tray and cover with tin foil. Bake in the oven for 30 minutes.

Alternatively microwave the chopped apple for 4 minutes.

Serve with a dollop of natural yoghurt.

FEELING ADVENTUROUS?

- Swap the sardines for any tinned fish of your choice. Spice it up with paprika or chopped chilli if you like a kick!
- Don't like bagels? Try other breads such as pitta, English muffins, or just sliced bread.
- Swap potatoes for sweet potatoes to up your nutrients (*these count towards your 5 a day too*)

Fruity ice lollies

Mash the tinned peaches, add a squirt of lemon and mix with the natural yoghurt.

Pour into lolly moulds and freeze for at least 8hrs.

Don't have lolly moulds? Wash out old small yoghurt pots, pour in the mix and add a lolly stick.

LEFTOVERS

Leftovers

Passata

Onion

Potatoes

Ham

Tortillas

Peas

Mixed herbs

Cinnamon

Apples

Yoghurt

Lemon

Peppers

Bananas

Suggestions for Leftovers

- ◆ Cinnamon can be used as a healthy topping to porridge to add sweetness instead of sugar, which can damage our teeth.
- ◆ Add peas to the pan half way through when boiling pasta to save on pans (and washing up).
- ◆ Pop a slice of lemon into hot or cold water to make a lovely refreshing drink.
- ◆ Add lemon to cake baking, squeeze over meat and fish before you cook or simply squirt over chopped fruit to stop browning.
- ◆ Chop the potatoes and broccoli, bring to the boil for 25 minutes and mash together. A great way to add extra veg into meals.
- ◆ Mixed herbs typically contain basil, oregano and thyme and work well together. Mixed herbs will work just as well in any recipe, use these to save you buying three jars.
- ◆ Store mushrooms in the fridge so they last longer or you can freeze them. A really versatile and nutritious vegetable that can be added to loads of recipes from curries, bolognaise, lasagne or simply pan fried and served on toast. Yum!
- ◆ Passata is made from pureed tomatoes that have been sieved until smooth. Try making your own ketchup. Pour 300ml passata into a pan, a garlic clove, crushed and 1 and a half tablespoons of olive oil. Cook for 30 minutes until thick, give it a good stir and then allow to cool. Store in the fridge in used and washed out jar for 2 to 3 days.



Cheats Tacos

Leftover wraps need to be eaten within a few days of opening. Try making your own tacos. Lightly brush with oil, drape them over the rack in the oven or mould around an upside down muffin tray and bake for 5-10 minutes. Fill with bolognaise, chilli, or a simple salad.



For more recipe ideas and healthy eating advice visit www.tameside.gov.uk/healthyeatingandnutrition/kids/budget or follow us on Twitter @NHSTamesideCNT

For more information or to give any feedback please contact us at tga-tr.childrensnutrition@nhs.net