



## 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

Tin of green lentils	£0.55
1 onion	£0.09
1 garlic bulb	£0.16
Tin of tomatoes	£0.30
Veg stock cube (pack of 10)	£0.50
Wholemeal Loaf	£0.40
Tin of own brand beans	£0.25
Jacket potatoes (4 pack)	£0.50
Eggs (pack of 6)	£1.00
Cheese (220g pack)	£1.55
Cherry tomatoes (250g)	£0.72
Asparagus (170g pack)	£1.15
Small pack of mushrooms	£0.71
Low fat spread (500g)	£1.00
Semi skimmed milk	£0.50
Low fat plain yogurt (500g)	£0.45
Rice pudding (400g)	£0.20
Strawberries (400g)	£2.00
Bananas	£0.75
Oatcakes 250g	£0.80
Low fat soft cheese	£0.59
Apples (pack of 6)	£0.85
<b>Total</b>	<b>£14.22</b>

*Estimate based on average of local supermarkets*



## WHAT'S ON THE MENU?

### MONDAY

#### Homemade lentil and tomato soup

2 slices of wholemeal bread

Low fat spread

### TUESDAY

#### Jacket potato with beans and cheese

1 jacket potato

Half tin of beans

Small match box size portion of cheese, grated

### WEDNESDAY

#### Scrambled eggs and mushrooms on toast

2 eggs

Dash of milk

2 handfuls of mushrooms

2 slices of bread

Teaspoon of low fat spread



### THURSDAY

#### Cheese and tomato toasty

2 slices of bread

Small match box size piece of cheese

Handful of tomatoes

### FRIDAY

#### Dippy eggs, soldiers and green soldiers

1 or 2 eggs

1 slice of bread

3 asparagus spears

Low fat spread

### SNACKS

Yoghurt and strawberries

Small bowl of rice pudding with chopped banana

Slices of apple

Oatcakes with low fat cream cheese and slices of tomato

## RECIPES

### Tomato and lentil soup

- 1 tablespoon of **low fat spread**
- 1 small **onion**, finely chopped
- 1 **garlic clove**, finely chopped
- 30g **lentils**
- 200g of **chopped tomatoes**
- 100ml **vegetable stock**
- Teaspoon of **paprika** (optional)
- **Black pepper** (optional)

Heat the spread in a pan, add in the **onion** and **garlic** and soften for 3 minutes, add all the other ingredients and simmer for 20 minutes. Serve with **bread**.

### Scrambled eggs and mushrooms on toast

Crack 2 **eggs** into a bowl and add a dash of **milk** and mix. Slice 5-7 small **mushrooms**. Put 1 or 2 slices of **bread** in toaster. Add a teaspoon of **low fat spread** to a non-stick frying pan and melt quickly then add and cook off the **mushrooms** and then do the same with the **egg**, gently stir a couple of times to “scramble” the **egg**. Serve on top of the toast.



### Dippy eggs and green soldiers.

Bring 2 saucepans of water to the boil then lower the heat slightly, place 1 or 2 **eggs** in to a pan for 5 minutes for runny or up to 7 minutes if you prefer if firmer. In the other pan drop in your **asparagus spears** for around 2 minutes. Serve with either **bread** or **toast soldiers** and get dipping!

### FEELING ADVENTUROUS?

- ◆ Why not add some tinned salmon in with your scrambled eggs to get an important oily fish portion.
- ◆ Why not slice up a mushroom or two and add that in your toasty.
- ◆ Like things a little spicy? Add half a teaspoon of chilli powder or half a chopped fresh chilli to the tomato and lentil soup.

### DON'T LIKE SOMETHING?

- ◆ Not keen on asparagus why not try dipping in your favorite veg – perhaps cooked green beans, broccoli stalks or even carrot sticks?
- ◆ Don't like runny yolks? Cook for another minute or so, you won't be able to dip in the same way but still as tasty.
- ◆ If lentils aren't your thing then you could swap them for chickpeas or perhaps butter beans. Just like lentils these are full of protein, fibre and also won't break the bank.

## LEFTOVERS

### Leftovers

Lentils

Baked beans

Eggs

Mushrooms

Asparagus

Tomatoes

Bread

Potatoes

Yogurt

Bananas

### Suggestions for Leftovers

- ◆ Left over tomato and lentil soup can be frozen and reheated in the microwave or on the hob so why not make more to save time on busy days.
- ◆ Grilled or roasted tomatoes on toast make a healthy breakfast or lunch.
- ◆ Left over or over ripe bananas and yogurt ? Why not add them to your favorite smoothie for added sweetness and creaminess. Or for a healthy dessert bake bananas in the oven with a pinch of cinnamon and a dash of orange juice and serve with plain yogurt
- ◆ Left over lentils and beans can be added to stews, chillis, bolognaise sauce or Shepherd's pie. They bulk it out, are a really healthy and cheap source of low fat protein and are also an excellent source of fibre and a small handful count as one of your 5 a day
- ◆ Add asparagus to a stir fry, use as a side vegetable with main meals or even a tasty pizza topping.
- ◆ Use up left over bread by making eggy bread- mix 2 eggs with a dash of milk, take 2 slices of left over bread in 3 and then soak in the egg mixture. Gently melt a teaspoon of low fat spread in a non-stick frying pan and cook the dipped bread for a minute each side until golden brown.
- ◆ Use leftover potatoes to make potato wedges (see recipe below) as a healthy alternative to chips. Serve them as a side with chilli, grilled fish or your favorite meat dish.



### Herby potato wedges

Cut 3 **baking potatoes** in half and then into wedges, toss in a desert spoon of **olive** or **veg oil**. Then add 2 crushed **garlic cloves** and if available add a teaspoon of your favorite herb or seasoning e.g. **oregano**, **mixed herbs** or **paprika**. Spread evenly on a baking tray and roast at 200c for 30 minutes till golden brown and slightly crispy on the edges.

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