



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!

WHAT'S ON THE MENU?

MONDAY

Pinwheels

A fun way to serve a wrap

TUESDAY

Chicken Dippers

A healthier recipe for an all time children's favourite

WEDNESDAY

Traffic Light Omelette

Just the thing to keep you going for the day

THURSDAY

Pizza Wraps

A healthier take on a pizza

Friday

Chicken and Ham Pasta Salad

A great way of getting your veggies

Snacks

Rice Cake with cream cheese and tomatoes

Homemade Tortilla Chips

Cucumber/pepper sticks with cream cheese dip

SHOPPING LIST

Shopping List

1 Pack plain wraps	0.79p (pack 8)
Tub cream cheese	0.49p (200g)
Iceberg lettuce	0.65p
Packet ham slices	0.86p (9 slices)
Cucumber	0.57p
Chicken breasts	£1.80 (pack Of 2)
Rice Krispies	0.79p (275g box)
Cherry tomatoes	0.54p pack
Red onion	0.60p (pack 3)
Eggs	£1.00 (box 6)
Tomato puree	0.31p (tube)
Cheese	£1.55 (220g block)
Mixed herbs	0.85p (jar)
Peppers	0.95p (pack 3)
Black pepper	0.80p (tub)
Pasta	0.50p (500g packet)
Light mayonnaise	0.75p (450ml jar)
Plain rice cakes	0.90p (130g pack)
1 Bulb of garlic	0.16p (1 bulb)

Total **£14.86**

*Estimate based on average of local
supermarkets*



RECIPES

Pinwheel Wraps

Spread a layer of **cream cheese** over a **wrap**. Place on a layer of **shredded lettuce**. Top with **2 slices ham** and **cucumber** slices. Roll the wrap into a log and slice into about 3cm slices.



Chicken Dippers and Salsa

Pre-heat oven to 180°C/ gas mark 4

Place a beaten **egg** and a handful of slightly crushed **Rice Krispies** into 2 separate bowls.

Cut a **chicken breast** into bite sized strips and then drop the chicken in the beaten egg making sure it coats the chicken and then do the same in the Rice Krispies, again making sure the chicken is all coated. Transfer onto a lightly oiled baking tray and bake in the centre of the oven for approx. 20 minutes or until lightly golden brown.

In a bowl mix together 1/2 finely chopped **garlic clove**, 4 chopped **cherry tomatoes**, 1/4 chopped **red onion**, 4 slices of chopped **cucumber** and 1 tablespoon of **tomato puree**, serve as a dip with the chicken.

Traffic Light Omelette

Pre-heat the grill. Chop a quarter of a **green, red and yellow pepper** into small pieces and do the same with a quarter of a **red onion**

Place 1 tsp **vegetable oil** in a non-stick frying pan and gently cook the pepper and onion until soft. Once cooked place in a bowl, and wipe the pan with kitchen roll. Again add a little oil into the non-stick frying pan and pour in 3 beaten **eggs**. Allow the mixture to cover the surface of the pan and cook for 1-2 minutes over a gentle heat. Sprinkle the peppers and onions on top of the eggs and place under the grill to brown slightly.

FEELING ADVENTUROUS

- ◆ Wanting a little spice? Try adding paprika or any other spice you may have in the cupboard to the chicken goujons. Just mix into the Rice Krispies before coating.
- ◆ Try swapping the pasta for wholegrain pasta. It is slightly more expensive but contains more fibre and keeps us fuller for longer.
- ◆ Try making your own wedges to go with the goujons. Slice a baked potato into wedges and place in a bowl with a drizzle of oil and a sprinkle of your favourite herb or spice (paprika and oregano are nice!) and mix. Place on a baking tray in the same oven and cook for 30 mins.

DON'T LIKE SOMETHING

- ◆ You can easily make the pizza wraps a vegetarian choice just by swapping the ham out and maybe adding some mushrooms, sweetcorn or any other ingredients you may have at home.
- ◆ Cornflakes make a tasty alternative to Rice Krispies when making the chicken dippers.
- ◆ All of the vegetables can be substituted out for your favourites, make each recipe your own.

RECIPES

Chicken and Ham Pasta Salad

Pre-heat oven to 200°C / gas mark 6. Place a **chicken breast** in tin foil and cook in the oven for approx. 20 – 25 minutes. Whilst the chicken is in the oven cook **50g of pasta shapes** according to the packet instructions. Chop a quarter of a **green, red and yellow pepper** into small pieces and do the same with a quarter of a **red onion**. Place the cooked pasta in a bowl and add into it the peppers, onions, 4 halved **cherry tomatoes** and 2 slices of **ham** cut into squares.

When the chicken is cooked, allow to cool and then using a fork shred the meat and add to the bowl of ingredients.

Stir in a dessertspoon of **mayonnaise**, add **black pepper** to taste and sprinkle in a small amount of **grated cheese**.

Pizza Wraps

Pre-heat the oven 200°C/ gas mark 6. Spread a layer of **tomato puree** onto a **wrap**. Sprinkle some **mixed herbs** over the puree. Add a layer of **grated cheese** and top with 2 slices of **ham** cut into strips. Finally, sprinkle a little extra cheese over the ham.

Now to fold! Fold both sides of the wrap towards the centre and roll the bottom edge up to the top then wrap in tin foil. Bake in the oven for 10 minutes, take out of the foil and cut the wrap in half to serve.

LEFTOVERS

Leftovers

Wraps
Cream Cheese
Lettuce
Cucumber
Rice Krispies
Red Onion
Cheese
Eggs

Suggestions for Leftovers

- ◆ Any eggs left over can be used the following week for a quick nutritious lunch e.g. scrambled egg /poached egg on toast or dippy egg with soldiers.
- ◆ A 30g bowl of Rice Krispies served with semi-skimmed milk/ skimmed milk makes a great breakfast.
- ◆ Grated cheese can be used with the leftover eggs to make a cheese omelette. Add a side salad of lettuce, cucumber and red onion and you've got a lovely lunch.
- ◆ You've still got enough ingredients for another wrap, why not see if there's any other leftovers in the fridge to add to it or try making a quesadilla, you'll find the recipe in our very first lunch planner!

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

Traffic Light Omelette recipe courtesy of www.nhs.uk/change4life