



Children's Nutrition Team

Five Day Family 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 a family of 4 for £30 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

Creamy Tuna Vegetable Pasta

A great start to the week, get that fish in early!

THURSDAY

Mac 'n' Veg Slices

Serve with lettuce, tomato and cucumber salad to get those extra fruit and veg portions in!

TUESDAY

Sausage and Bean Casserole

Quick and easy recipe that's sure to satisfy!

FRIDAY

Cheese and Tomato Grilled Fish

A sure fire way to get one of your very important portions of fish in!

WEDNESDAY

Chilli-con-Carne

A firm family favourite

BONUS RECIPE!

Stir Fry

Make sure you get the most out of your shopping and use some of your leftovers in this quick and easy tea!

SHOPPING LIST

5% fat mince £2.79 (500g packet)
Reduced fat sausages £1.70 (packet of 8)
2 x tinned tuna in brine £3.15 (4 x 145g tin)
Cream cheese £0.49 (200g)
Eggs £1 (carton of 6)
Cheddar cheese £1.55 (220g block)
Shell pasta shapes £0.53 (500g)
Easy cook long grain rice £1.20 (1kg)
White potatoes £0.95 (2.5kg)
Onions £0.85 (1kg)
Garlic £0.16 (bulb)
Mushrooms £0.95 (300g)
Broccoli £0.55 (350g)
Peppers £1.90 (2 x pack of 3)
Celery £0.49 whole
Courgettes £0.93 (pack of 3)
Iceberg lettuce £0.65 (whole)
Cucumber £0.57 (whole)
Tomatoes £0.75 (pack of 6)
Frozen peas £0.61 (900g packet)
Frozen white fish fillets £2.18 (520g bag)
Chopped tomatoes £1 (3 x 400g tins)
Butter beans £0.55 (400g tin)
No added sugar baked beans £0.30 (420g tin)
Kidney beans £0.55 (400g tin)

Tomato puree £0.31 (200g tube)
Low salt vegetable stock cubes £0.50 (100g)
Chilli powder £0.85 (50g jar)
Paprika £0.90 (45g jar)
Thyme £1.00 (12g jar)
Mixed herbs £0.85 (18g jar)

=£30.18

Estimate based on average of local super-markets



RECIPES

Creamy Tuna Vegetable Pasta

Preparation time: 10 mins

Cooking time: 30 mins

Serves: 4

Ingredients

250g pasta shapes
1 low salt vegetable stock cube
1 onion, diced
2 cloves garlic, finely chopped
1 teaspoon mixed herbs
2 cans tuna in brine, drained
100g mushrooms
100g broccoli
1 pepper
50g low fat cream cheese
1 tin of chopped tomatoes
Tomato puree

Method

- Cook the pasta in boiling water according to packet instructions.
- Chop the onions, peel garlic and chop finely or use garlic crusher, slice the mushrooms and pepper, cut the broccoli into small bitesize pieces.
- Gently fry the onions and garlic in a little oil for 2 minutes until soft.
- Add 200ml vegetable stock, tomatoes, tomato puree, herbs, peppers, mushrooms and broccoli and cook for 10-15 minutes.
- Add the cooked pasta, tuna and cream cheese and mix together.
- Season with black pepper (if you like it!)

Sausage and Bean Casserole

Preparation time: 5 mins

Cooking time: 30 mins

Serves: 4 people

Ingredients

8 sausages
1 clove garlic
1 onion
2 sticks celery, finely chopped
1 tin of chopped tomatoes
1 tin butter beans
Small tin baked beans
¼ pint water
2 tablespoons tomato puree
1 ½ teaspoons smoked paprika
1 ½ teaspoons dried thyme
Black pepper

Method

- Dry fry the sausages, onion, celery and garlic for 5 minutes, then cut the sausages into chunks.
- Drain away any fat.
- Add all of the remaining ingredients and bring to the boil.
- Simmer for 20 – 30 minutes until the sauce has thickened.
- Serve with mashed potatoes and green vegetables

RECIPES

Chilli-con-Carne

Preparation time: 10 mins

Cooking time: 30 mins

Serves: 4 people

Ingredients

500g of lean mince or Quorn mince

1 onion

1 tin of chopped tomatoes

Can of red kidney /reduced sugar and salt baked beans

1 tablespoon tomato puree

1 clove of garlic

1 red pepper

1 green pepper

1 teaspoon Paprika

1 teaspoon Chilli powder (more if you like it spicy!)

Black pepper

Method

- Chop the onion and peppers
- Peel and finely chop the garlic (or use a garlic press)
- Dry fry the mince then drain off any fat. If using Quorn fry in a little oil
- Add the onion and lightly fry until softening
- Add chilli powder, paprika, tomato puree and garlic, cook for 2 mins
- Add the chopped tomatoes, kidney beans & peppers
- Bring to the boil and simmer gently for 20 minutes
- Add black pepper to taste
- Serve with boiled rice (follow packet instructions)

Mac 'n' Veg Slices

Preparation time: 10 mins

Cooking Time: 30 mins

Serves: 4 people

Ingredients

100g pasta shapes

1 tsp vegetable oil

1 pepper, any colour, deseeded and chopped

1 small courgette, grated

100g frozen peas

4 eggs

2 tablespoons milk

50g grated reduced-fat cheddar

2 teaspoons dried mixed herbs

1 pinch ground black pepper

Half an iceberg lettuce, chopped

Half a cucumber, sliced

2 tomatoes, sliced

Method

- Cook the pasta according to the packet instructions. Rinse with cold water to cool it quickly, then drain thoroughly.
- Heat the vegetable oil in a non-stick frying pan and stir-fry the pepper for 3-4 minutes. Remove from the heat and add the courgette and frozen peas or sweetcorn. Add the pasta and mix well.
- Beat the eggs and milk together, then stir in the reduced-fat cheese and dried herbs. Season with black pepper. Pour into the frying pan and cook over a low heat for 4-5 minutes, without stirring, to set the base. Meanwhile, preheat the grill to medium-high.
- Put the frying pan under the grill and cook for 4-5 minutes until the surface has set and is golden brown.
- Serve hot, warm, or cold, cut into wedges with a lettuce, tomato and cucumber salad on the side.

RECIPES

Cheese and Tomato Grilled Fish

Preparation time: 10 mins

Cooking time: 10 mins

Serves: 4 people

Ingredients

½ teaspoon vegetable oil

4 fillets frozen or fresh haddock fillets

4 tablespoon tomato purée

4 tomatoes, thinly sliced

1 pinch ground black pepper

40g reduced-fat mature cheddar cheese, grated

Method

- Preheat the grill to medium-high. Grease a baking sheet with the vegetable oil.
- Arrange the fish fillets on the baking sheet and spread 1 tablespoon of the tomato purée over each one. Top with the tomatoes, season with a little pepper and scatter the grated cheese on top.
- Grill for 6 to 8 minutes, until the fish is cooked. The flesh should flake easily when tested with a fork.
- Serve with boiled rice or boiled potatoes and green vegetables



FEELING ADVENTUROUS?

- ♦ Why not try tinned salmon instead of tuna in the pasta recipe. Tinned salmon is counted as an oily fish and we should try and have one of these a week. Oily fish is a great source of Omega 3 which helps to keep your heart healthy
- ♦ You can add any leftover vegetables you like to the sausage casserole just keep an eye that the sauce doesn't dry out, add an extra splash of water if you think it needs it. Try carrots, parsnips or swede.
- ♦ Make your own guacamole to go with the chilli. Chop up a tomato and a quarter of a red onion into small pieces, mash one avocado and mix together. Mix in a small handful of chopped coriander and a squeeze of lime juice. If you like things spicy then add a sprinkle of chilli flakes or some chopped fresh chilli. This goes perfectly with the homemade tortilla chips on the first 5 day lunch planner, why not give them both a go!

DON'T LIKE SOMETHING?

- ♦ If you're vegetarian or simply fancy something different you can substitute the mince and the sausages for vegetarian alternatives
- ♦ Don't like tuna? Don't put it in, you can just as easily have the recipe without. Don't miss out on your protein portion though, why not have a boiled egg as a snack, it really fills you up!
- ♦ The beauty of home cooking is that you can make changes to suit your family's likes and dislikes, especially with herbs and spices. If you like the flavour then add a bit more if not then don't put it in or swap it for something similar that you do like. You can make things more or less spicy too depending on what you enjoy. Using herbs and spices well means you won't need to add salt which can be bad for our health if we have too much. Just remember though, when you're sprinkling them in, you can always add more but you can't take it away once it's in there so add it bit by bit!

LEFTOVERS

Leftovers

Cream cheese
Eggs
Cheese
Pasta
Rice
Potatoes
Onions
Garlic
Mushrooms
Broccoli
Celery
Courgettes
Lettuce
Cucumber
Peas
Baked beans
Tomato puree
Stock cubes
Herbs and spices

Suggestions for Leftovers

- ◆ Chop up the cucumber and celery into sticks and dip into the cream cheese as a snack
- ◆ Need a quick lunch? You should still have half a tin of beans, get that toaster on and have some beans on toast. You could also grate a matchbox size portion of cheese on top and tick off one of your dairy portions or you could add the same topping on to a jacket potato. You could have a side salad with the leftover lettuce and cucumber.
- ◆ Why not make some wedges to go with the chilli, have a look at our 5 day lunch planner to get the recipe!
- ◆ Use the broccoli and the peas as the veg for either the casserole or the fish
- ◆ We've got plenty of tips for what to do with eggs coming up, keep an eye out for the next set of planners
- ◆ Onions, garlic. Mushrooms, broccoli and courgettes are a great start for a stir fry why not just a couple of extra things to next weeks shopping list and try the recipe below
- ◆ You'll really start to build up your herb and spice collection, they last a long time, next time you make these recipes you won't need to buy them and your shopping will be even cheaper!

Stir Fry (Serves 4)

In a large non-stick frying pan heat a teaspoon of **vegetable oil** then stir-fry a teaspoon of finely chopped **ginger**, 2 cloves of finely chopped **garlic** over a high heat for 3 minutes. Add 1 chopped **onion** and stir-fry for 1 minute. Add the **broccoli** (chopped into small pieces) 2 **peppers** (deseeded and sliced) and cook for 4 minutes or until they are starting to soften, adding a spoonful of water if necessary to prevent scorching. Add the **mushrooms** and **courgettes** when the other veg is almost cooked and stir in 2 tablespoons of **hoi-sin sauce** until mixed. Serve with boiled **rice**.

Add Quorn or chicken pieces at the same time as the garlic and ginger to help those muscles grow!

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

Mac 'n' Veg Slices and Cheese & Tomato Grilled Fish recipes courtesy of www.nhs.uk/change4life