



Children's Nutrition Team

Five Day Meal Planner-Issue 3

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

Chicken breast fillets (2 raw fillets)	£1.80
Tuna (145g tin)	£0.59
Eggs (carton of 6)	£1.00
Wholemeal pitta bread (packet of 6)	£0.45
Cheese (220g block)	£1.55
Reduced fat Brussels sprouts (175g)	£0.65
Jacket potatoes (4 pack)	£0.50
Iceberg lettuce (whole)	£0.65
Cucumber (whole)	£0.57
Cherry Tomatoes (250g)	£0.72
Mushrooms (300g)	£0.69
Red pepper	£0.45
Spring onions (100g)	£0.48
Green beans (220g)	£0.77
Ginger (thumb sized piece)	£0.25
Garlic (1 bulb)	£0.16
Kiwis (pack of 6)	£0.59
Tomato puree (200g tube)	£0.31
Sweetcorn (325g can)	£0.35
Egg noodles (250g)	£1.00
Veg stock cube (pack of 10)	£0.50
Mayonnaise (450ml)	£0.75
Total	£14.78

Estimate based on average of local supermarkets



WHAT'S ON THE MENU?



SNACKS

Small matchbox sized piece of cheese
and handful of cherry tomatoes

Kiwis

Pate and pitta bread

MONDAY

Pitta Pizzas

TUESDAY

Tuna Salad

WEDNESDAY

Chicken, Sweetcorn and
Noodle Soup

THURSDAY

Pitta Pockets

FRIDAY

Tuna Crunch Baked Potato

SPOTLIGHT ON.....Chicken, Sweetcorn and Noodle Soup

Your midweek fake-away lunch! This recipe is a great substitute for that Chinese takeaway favourite and it's much healthier! It takes a little bit longer than the others but it also makes 4 portions, not a bad trade off! Why not get the kids involved in cooking it?

Wash then finely slice **2 spring onions** and a **handful of mushrooms**. Finely chop **1 clove of garlic** and enough **ginger** to fill a teaspoon, be sure to remove the hard outer layer. Make up **900ml stock** following packet instructions put into a large pan and place on a medium heat on the hob. Add **1 chicken breast (raw)**, **ginger** and **garlic**. Partly cover and simmer for 20 minutes. Remove the chicken, place on a board and cut into small pieces. Return the chicken to the pan, add **50g of egg noodles**, **2 tablespoons of sweetcorn**, **mushrooms** and **spring onions** and simmer for 5 minutes until noodles are tender.

RECIPES

Tuna Crunch Baked Potato

Cook your **jacket potato** however you normally do, either microwave or oven! Add half a tin of **tuna** to a bowl and mix one dessertspoon of **low fat mayonnaise**. Chop $\frac{1}{4}$ **pepper** into small pieces and slice 1 small **spring onion**, add to the bowl and mix. Top your jacket potato with a small handful of grated cheese and the tuna crunch. Serve with a side salad of chopped up **lettuce, cucumber** and **cherry tomatoes**.

Pitta Pizzas

Heat oven to 200°C/gas 6. Spread 1 teaspoon of **tomato purée** on a **pitta bread**. Top with $\frac{1}{4}$ **diced pepper**, a dessertspoon of **sweetcorn**, 2 sliced **mushrooms** and cover with a small handful of grated **cheese**. Place on a baking sheet and bake for 10 mins until the pittas are crisp and the cheese has melted. Serve with a side salad of chopped up **lettuce, cucumber** and **cherry tomatoes**.

FEELING ADVENTUROUS?

- ◆ Why not add some sliced cooked new potatoes and black olives to your tuna salad. Drizzle with some salad dressing and there you have it - Tuna Nicoise, very posh!
- ◆ Add some chopped up basil to your pizza topping to give it an authentic flavour. You could even grow your own basil plant on a window sill at home!
- ◆ If you like things spicy, you could add some curry powder or even chipotle paste (in the Mexican section in the supermarket) to your mayonnaise. That will really give your pitta a kick!

Pitta Pockets

Firstly cook a **chicken breast** in tinfoil in the oven at 200°C/gas 6 for around 20 mins, make sure the meat is piping hot all the way through. Why not do it the night before whilst you're making your tea then keep the chicken in the fridge overnight, it helps to save on bills! Lightly toast a **pitta** then slice in half across the middle and open it to form pockets, be careful it will be hot inside! Place a small handful of **lettuce** in the pitta followed by a $\frac{1}{4}$ **sliced pepper** and a few slices of **cucumber**. Cut the chicken into thin strips and add half to the pitta along with a dessertspoon of **low fat mayonnaise**. There should be enough ingredients left to make another pocket so why not make one for yourself!

Tuna and Egg Salad

Firstly you will need to hard boil an **egg**... place the egg in a pan and cover with water, bring to the boil and cook for 10 mins, drain and cover in cold water and leave to cool, once cooled remove the shell. Halfway through the cooking of the egg remove the top and bottom of a small handful of **green beans** and add to the pan, cooking for about 4 mins. Place a handful of **lettuce** on a plate, adding sliced **cucumber**, halved **cherry tomatoes**, **green beans** and half a drained tin of **tuna**. Chop the egg into 4 and add to the plate. Why not try making the salad dressing below to really add to the flavour!



BONUS RECIPE!

Salad Dressing

Pour 3 tablespoons of olive oil, 1 tablespoon of white wine vinegar, a teaspoon of Dijon mustard and black pepper into a jar and give it a shake. So easy and so tasty, just be careful how much you use as there are lots of calories in oil.

LEFTOVERS

Leftovers

Eggs
Pittas
Cheese
Pate
Lettuce
Peppers
Sweetcorn
Cucumber
Green beans
Mushrooms
Spring Onions
Jacket potatoes
Stock cubes
Egg noodles
Tomato puree
Mayonnaise

Suggestions for Leftovers

- ◆ Try scrambled, poached or boiled eggs and toast for breakfast, look out for our egg fact file coming soon!
- ◆ Why not make an omelette with mushrooms, peppers, sweetcorn and cheese with a lettuce, cucumber and spring onion salad. If you're not sure how to make an omelette there's a recipe in our very first 5 day lunch planner. You can get from the website below!
- ◆ If you used last week's guide you might have even more leftovers to add to your omelette or pitta, have a look through your fridge and see what needs using up!
- ◆ If you have leftover chicken from your Sunday Roast you could use that in your pitta or soup instead of buying the chicken breasts
- ◆ You could use the leftover green beans as veg on your evening meal, a great way to get one of your 5 a day!
- ◆ There's a few spare jacket potatoes too, they make a really tasty lunch with a small handful of cheese on top and there's loads of leftovers for a really tasty side salad to go with it



DON'T LIKE SOMETHING?

- ◆ If you don't like or don't have any chicken you could use any of your favourite sandwich meats in the pitta pocket
- ◆ If you are vegetarian you can substitute the chicken in the soup for tofu or swap the tuna in the salad for feta cheese
- ◆ You can choose a white pitta bread but ideally we'd love for you to choose a wholemeal pitta, just the same as with any other bread products the wholegrain variety will keep you fuller for longer. If your family don't like wholegrain bread why not try a 50-50 loaf. You'll be halfway there!

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