



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

Leeks (500g)	£0.95
Tin of cannellini beans	£0.55
1 garlic bulb	£0.16
Wholemeal loaf	£0.40
Jacket potatoes (4 pack)	£0.50
Fresh rosemary	£0.70
Bag of spinach (125g)	£0.65
Lemon	£0.30
Low fat spread (500g)	£1.00
Back bacon (300g)	£1.39
Salad tomatoes (pack of 6)	£0.55
Tin salmon (213g)	£1.49
6 eggs	£1.00
Pineapple	£0.59
Cucumber	£0.49
Corn kernels for popping (500g)	£1.00
Plain yogurt	£0.45
Bananas (5 pack)	£0.89
Total	£ 13.06

Estimate based on average of local supermarkets



WHAT'S ON THE MENU?

MONDAY

Leek, Bean and Potato Soup

2 leeks trimmed, sliced and washed
2 medium potatoes
½ tin of cannellini beans
¾ pint of stock
¼ pint of milk
Dessertspoon of oil

TUESDAY

Jacket Potato with Herby Beans

Medium to large potato
Low fat spread
½ Tin of cannellini beans
1 clove of garlic crushed
Handful of Spinach
Small sprig Rosemary
Pepper
Lemon juice

WEDNESDAY

Cooked Breakfast Buttie

1 egg poached, steamed or light fry
1 tomato halved and grilled
1 slice of lean bacon grilled
2 slices of bread
Low fat spread

THURSDAY

Easy Peasy Fishcakes with Yogurt Dip

½ tin of salmon
Inside of jacket potato
Handful spinach
1 Egg
Yogurt
Lemon
Garlic



FRIDAY

Salmon and Cucumber Sandwich

½ tin salmon
2 slices of bread
6 slices of cucumber
Teaspoon low fat mayo

SNACKS

Pineapple- chopped with yogurt
Cucumber sticks with yogurt dip
Tomatoes (eat like an apple)
Toast with spread and mashed banana
Popcorn

RECIPES

Leek, Potato and Bean Soup

In a large pan heat a dessertspoon of **oil**, add the chopped **leeks** and soften for around 3 minutes. Add the diced **potato** and then the **stock** and **cannellini beans**, bring up to boil and then drop to a simmer for 15 mins, Add the **milk** and then remove from heat and then use a hand blender to make a smooth consistency, add **pepper** if desired and serve with **bread** or toast. This soup will freeze really well.

Jacket Potato with Herby Beans

Scrub and wash **potatoes** (1 for this recipe and 1 to be used later for the fish cakes). Place in oven at 190°C for at least an hour. Meanwhile heat a dessertspoon of **oil** in a non-stick pan, stir in the **cannellini beans** and cook for around 5 mins, stirring occasionally. Add the **garlic**, **rosemary**, **spinach** and **pepper** and cook until the **spinach** has wilted. Squeeze over the **lemon**. Cut the jacket **potato**, add teaspoon of **low fat spread** and serve with the beans on top.



Fish cakes with yogurt dip

Scoop the insides of the spare **jacket potato** into a bowl, add the half tin of **salmon**, 2 handfuls of chopped **spinach**, the **egg** and a pinch of **pepper**. Mix till it binds together and form into 2 round fish cakes. If the mixture is too sticky you may want to dust with a little flour. Place in a non-stick frying pan and cook for 5 mins each side.

Meanwhile to make the dip-mix together 3 tablespoons of **yogurt**, tablespoon of **lemon juice** and a crushed clove of **garlic**.

Serve with handful of **spinach leaves** and **tomatoes**. Why not make extra of the dip to have with cucumber sticks?

FEELING ADVENTUROUS?

- If you don't like tin salmon you could use tin tuna in the fish cakes instead but remember tinned tuna doesn't count as an oily fish portion.
- Chop up a rasher of bacon or a leek or both and cook with the butter beans to meat/veg up the herby beans!
- Dust popped corn with cinnamon to give it a lovely flavour.

How to Pop Corn

Take a large pan with a lid (the lid is very important) place a teaspoon of oil and around 50g of dried corn kernels, put on the lid and turn the heat to medium. After a minute or two the corn will begin to pop and now you can see why you need the lid! After a further minute or 2 all the corn will be popped. Remove from heat and serve in individual bowls. Popped corn best served fresh.

LEFTOVERS

Leftovers

Eggs

Bacon

Spread

Bread

Popcorn

Leek

Spinach

Rosemary

Bananas

Yogurt

Suggestions for Leftovers

- ◆ Scrambled, poached, boiled eggs and toast for lunch or breakfast
- ◆ Jazz up omelettes with bacon, tomato, spinach or leek
- ◆ Corn will keep for months if stored correctly. Corn popped is a cheap healthy snack as long as you don't add too much salt or sugar
- ◆ Leeks are a member of the onion family and have a similar but milder taste and therefore can be used in place of or alongside onions in recipes.
- ◆ Rosemary is a really versatile herb and can be added to allsorts of soups and stews. Also really tasty when added to your favourite bread recipe—gives a really lovely flavour with a Mediterranean vibe.
- ◆ Add chopped bananas to breakfast cereals, muesli and porridge to get in an extra 5 a day portion with your first meal of the day.
- ◆ A great use it up recipe is French toast see recipe below. This can be eaten at breakfast, brunch or as a dessert.



French Toast

Mix 2 **eggs** with a dash of **milk** and ½ teaspoon of **vanilla** or **cinnamon** if you have it, dip the bread (cut into 2 or 3) in the egg mixture until starting to go soggy and then cook in a non-stick pan with a teaspoon of **oil/ low fat spread** for a minute each side, and serve with your favourite fruit such as **strawberries** and **bananas**, a tablespoon of **yogurt** and a drizzle of honey. (**Warning -honey** should not be given to infants under 1 year old)

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