



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

Ham £0.86 (pack of 9 slices)
Tuna £0.59 (145g tin)
2 x tinned mackerel in brine £2.60 (2 x 125g tin)
Eggs £1 (carton of 6)
Cheese £1.55 (220g block)
Soft cheese £0.49 (220g)
Reduced fat houmous £1.20 (200g)
Wholemeal bread £0.40 (loaf)
Tortilla wraps £0.95 (pack of 8)
Iceberg lettuce £0.65 (whole)
Cucumber £0.57 (whole)
Cherry Tomatoes £0.72 (250g)
Peppers £1 (packet of 3)
Sweetcorn £0.35 (325g can)
Clementines £1.35 (600g bag)
Mayonnaise £0.75 (450ml)
Malt loaf £1.20 (260g)
=£14.88

Estimate based on average of local supermarkets



WHAT'S ON THE MENU?

MONDAY

Soft cheese sandwich

2 rounds wholemeal bread

Soft cheese

Leaf of lettuce, chopped

TUESDAY

Mackerel pate (makes 2 portions)

2 rounds toast

2 tins of smoked mackerel in brine (drained)

100g soft cheese

WEDNESDAY

Tuna and sweetcorn wrap

1 Tortilla wrap

½ tin of tuna, drained

1/3 tin of sweetcorn, drained

Dessertspoon of mayonnaise

Leaf of lettuce, chopped



THURSDAY

Egg mayonnaise sandwich

2 rounds of bread

1 egg

Dessertspoon of mayonnaise

FRIDAY

Ham, cheese and pepper Quesadilla

1 Tortilla wrap

2 slices of ham, chopped

½ pepper

Handful of cheese, grated

SNACKS

Clementines

Sliced pepper, sliced cucumber and
houmous

Cherry tomatoes, halved

Homemade tortilla chips and houmous
(see leftover suggestions)

RECIPES

Mackerel Pate

Remove **mackerel** from the tin and drain off the liquid, use a knife or your fingers to break it up into smaller pieces and put into a bowl, scoop out just less than half of the small packet of **soft cheese** and use a fork to mix and break up the fish further. Stir until it is a smooth paste, add more cheese if needed and **black pepper** (if you like it!). Serve with **toast**. A quick and easy way to get a portion of oily fish! This should make at least 2 portions, any that is not eaten can be frozen and defrosted in the fridge overnight at a later date.

Ham, Cheese and Pepper Quesadilla

Chop half a **pepper** into small pieces removing the stalk and seeds and cook in a frying pan with a tiny amount of oil. Once the peppers are soft remove from the pan and put on a plate. Using the same pan place the **tortilla** in and cover half with the chopped **ham**, **peppers** and grated **cheese**, fold in half to cover the fillings. Cook until the tortilla has started to brown and then flip over, once the cheese is melted it is ready. Slice into wedges and it's ready to go, just be careful the cheese will be hot!



Egg Mayonnaise Sandwich

Place the **egg** in a pan and cover with water, bring to the boil and cook for 10 mins, drain the water and cover in cold water and leave to cool. Once cooled remove the shell and mash the egg with a fork and add a dessertspoon of **mayonnaise**, mix well and add **black pepper** (if you like it!). Spread onto **bread** and add **lettuce** or **cress**, enjoy!

FEELING ADVENTUROUS?

- ♦ Why not add cress to the egg mayonnaise sandwich, you could even grow your own!
- ♦ Add chives or finely chopped spring onions and a splash of squeezey lemon or fresh lemon to the mackerel pate to really add to the flavour
- ♦ You can use any leftover veg you like in your quesadilla, why not try mushrooms, onions or sweetcorn

DON'T LIKE SOMETHING?

- ♦ If you don't like tuna you could use leftover chicken to make a chicken and sweetcorn wrap
- ♦ Don't eat ham? You could add kidney beans to your quesadilla to make sure you still get some protein
- ♦ Swop the tuna for tinned salmon sandwich/wrap to get a portion of oily fish
- ♦ If you are vegetarian make up a wrap with houmous, lettuce, cucumber, tomatoes and peppers, it's a great source of protein!

LEFTOVERS

Leftovers

Ham
Tuna
Mackerel pate
Eggs
Soft cheese
Cheese
Houmous
Bread
Tortilla wraps
Lettuce
Sweetcorn
Cucumber
Cherry tomatoes
Peppers

Suggestions for Leftovers

- ◆ Scrambled, poached or boiled eggs and toast for breakfast
- ◆ Omelette with ham, cheese, peppers and lettuce and cucumber salad (see recipe below)
- ◆ Leftover mackerel pate can be frozen, defrost overnight in the fridge
- ◆ Make homemade tortilla chips by cutting wraps into triangles and cooking on a tray in the oven until just hard. Use for a snack with mackerel pate or houmous, sprinkle the wraps with paprika before you cook them if you want a bit of spice!
- ◆ Ham and boiled egg salad with lettuce, tomatoes, cucumber, cherry tomatoes, peppers, sweetcorn and mayonnaise
- ◆ Cheese on toast, add some sliced tomatoes to get 1 of your 5 a day!
- ◆ Use a tortilla wrap to make a pizza – place the wrap on a baking tray, spread a dessertspoon of tomato puree evenly over the wrap, put your favourite toppings on (try the leftover ham, sweetcorn and peppers) top with a handful of cheese and bake in the oven until the cheese melts, delicious!



Omelette

Heat a small amount of oil in a frying pan and cook the **peppers** until they are soft, put them onto a plate. Mix together 2 **eggs** and a splash of **milk** in a bowl, add **black pepper** if you like it! Heat a small amount of oil in the same pan and add the egg mixture, move it around until it covers the bottom of the pan and begins to cook. Sprinkle on the **peppers**, **ham** and some grated **cheese**, cook until the egg has set and the cheese is melted. Fold in half and serve with a side salad of chopped up **lettuce** and **cucumber**. A nutritious lunch for one!

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