



## 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.*

## WHAT'S ON THE MENU?

### MONDAY

**Veggie sausage and potato stew**

**A good hearty meal**

### TUESDAY

**Prawn pasta**

**A really tasty light pasta dish**

### WEDNESDAY

**Homemade KFC**

**This version contains a lot less salt,  
fat and two of your 5 a day**

### THURSDAY

**Cauliflower Dahl**

**Delicious veggie curry that could  
become a family favourite.**

### FRIDAY

**Classic fish pie**

**Maximum comfort food**

### BONUS RECIPE!

**Bread, butter and banana pudding**

**A twist on a classic**



## SHOPPING LIST

Frozen Prawns (325g) £3.29

Fish pie mix £3.30

Chicken drumsticks (8) £1.19

Quorn sausages £2.00

Potatoes 2.5kg £1.25

Onions 1kg £0.50

Fresh sage £0.70

Stock cubes £0.50

1 cabbage £0.59

Spaghetti £0.20

2 tins of tomatoes £0.70

Flat leaf parsley £0.70

Spinach 200g £1.03

Lemon £0.30

1 bulb garlic £0.16

Wholemeal bread £0.40

Eggs 6 £1.00

Paprika £0.90

Carrots 1.kg £0.60

Low fat mayo £0.44

Plain yogurt £0.45

Corn on the cob £0.97

Ginger 50g £0.40

Cumin £0.85

Ground coriander £0.85

Tin of lentils £0.55

Tin of low fat coconut milk £0.90

Small Cauliflower £0.58

Garam masala £0.85

Naan breads £0.46

Low fat spread £1.00

Flour £0.45

Frozen Peas £0.61

Banana £0.26

Sultanas 500g £0.99

**Total £29.92**

*Estimate based on average of local supermarkets*



## RECIPES

### Sausage and Potato Stew

*Preparation time: 10 mins*

*Cook time 1hr 30*

*Serves: 4*

#### Ingredients

8 Quorn sausages

4 Potatoes, washed and thinly sliced

3 Onions, thinly sliced

2 handfuls Sage leaves

1 1/2 pints of Stock

½ Cabbage, shredded

Pepper

#### Method

Brown **sausages** in a large pan for 4 mins then layer the **potatoes, onions, sausages** and **sage** and then pour over the **stock** and tsp of **pepper**. Place a lid on pan and bring to almost boil and then remove lid and reduce to a simmer for around an hour and a half until mixture thickens. Serve with boiled or steamed **cabbage**.

### Prawn Pasta

*Preparation time: 5 mins*

*Cooking Time: 15 mins*

*Serves: 4*

#### Ingredients

Spaghetti

Prawns

Tin toms

2 cloves garlic

100g Spinach

Handful Flat leaf parsley, chopped

Pepper

½ Lemon, juiced

Oil

#### Method

Defrost **prawns** as per instructions on the pack. In a large pan of boiling water place **spaghetti** and cook as instructions on packet. In a medium pan heat a tablespoon of **oil** and add the **garlic** and **tin tomatoes** and **pepper**. Cook quickly for 4-5 mins. Then add in the prawns cook for 2-3 mins and then wilt in **spinach, flat leaf parsley** and squeeze half a **lemon** in. Stir into the cooked **spaghetti** and serve.

## RECIPES

### Homemade KFC - Chicken Drumsticks, Potato Wedges

#### Corn on cob and coleslaw

*Preparation time: 15mins*

*Cooking time 35 mins*

*Serves: 4 people*

#### Ingredients

8 chicken drumsticks

3 slices bread

2 teaspoons of paprika

Pepper

4 large potatoes

Oil

4 teaspoon paprika

Pepper

2 cloves Garlic

1/3 cabbage

2 carrots

1 onion

1 tbsp yogurt

1 tbsp mayonnaise

2 Corn on the cobs, snapped in half

#### Method

Preheat oven to 200°C

Place 3 slices of **bread** in toaster and toast to well done. Let the toast cool and then place in a plastic bag and bash to form crumbs. In a bowl mix the crumbs with 2 tsp **paprika** and 1 tsp **pepper**. In another bowl whisk **egg** with a dash of **milk**. Take the **chicken drumsticks** dip one at a time in the egg mixture and then the breadcrumb mixture and then place on a baking tray and put in oven for 35 mins

Chop the **potatoes** into wedges and mix in a dessert spoon of **oil**, **garlic** and **paprika**. Place on a baking tray place in oven for 30 mins

Place the **corn** in a boiling pan of water, bring back to boil and simmer for 7 mins.

Make coleslaw by grating **cabbage**, **carrot** and thinly sliced **onion** and mix with **mayo** and **yogurt**.

### Cauliflower Daahl (cauliflower and lentil curry)

*Preparation time: 5 mins*

*Cooking time: 30 mins*

*Serves: 4 people*

#### Ingredients

1 onion

1 tin of tomatoes

Spoonful of grated ginger

2 cloves garlic

2tsp cumin

2tsp coriander

Tin of lentils

Can of coconut milk

Small Cauliflower, broken into florets

Garam masala

½ Lemon, juiced

Naan breads

*Preparation time: 5 mins*

*Cooking time: 30 mins*

*Serves: 4 people*

#### Ingredients

#### Method

In a large pan heat 1tbsp of **oil** and add the **onion**, **garlic** and **ginger** and soften for 3-4 mins. Add the **cumin** and **coriander** cook for further minute. Add the **chopped tomatoes**, **lentils** and **coconut milk** and cook for around 15 mins until mixture thickened and then add in the **cauliflower**, **garam masala** and **lemon juice** and cook around 8 mins until cauliflower has softened. Serve with **naan breads**.

## RECIPES

### Fish pie

*Preparation time: 30 mins*

*Cooking time: 35 mins*

*Serves: 4 people*

#### Ingredients

1kg potatoes

400ml milk

25g low fat spread

25g flour

Fish pie mix

100g spinach

Handful chopped fresh parsley

100g peas

Teaspoon of mustard (optional)

4 carrots, sliced

#### Method

Heat oven to 200°C. Put **potatoes** in a pan cover with boiling water, bring back to the boil and simmer for around 15-20 mins until tender, drain off the water and then mash with a knob of **low fat spread** and a dash of **milk**. Season with **pepper**.

Put 25g of **low fat spread** in a pan and melt. Then add the **flour** stirring for 1-2 mins and then gradually whisk in the **milk** and bring up to boil stirring all the time to prevent lumps. Then remove from heat. Add in the **fish**, optional **mustard**, **peas** and **spinach** and **flat leaf parley**. Place this mixture in an oven proof dish and then top with the mash potato. Bake in oven for around 35 mins. Serve with boiled **carrots**.



### FEELING ADVENTUROUS?

- ◆ Why not add prawns to your fish pie, some cheeses into your sauce or even some hard boiled eggs halved!
- ◆ If you like things spicy you could add chopped fresh chillies to both the prawn pasta and the cauliflower Daahl.
- ◆ Bread and butter pudding is a really versatile dessert—why not try dried dates or apricots instead of sultanas and a sprinkle of nutmeg if you have it.

### DON'T LIKE SOMETHING?

- ◆ If you don't like certain types of fish instead of the fish pie mix use your favourite type be it cod, salmon or Pollack. You could even mix in some tinned fish.
- ◆ Don't like Quorn sausages? Use a low fat meat sausage instead.
- ◆ Don't fancy coleslaw or corn with your homemade KFC then you could swap for baked beans— it's still a healthy option as full of fibre and count as 1 portion of your five a day.

## LEFTOVERS

### Leftovers

Potatoes

Onions

Sage

Stock

Parsley

Garlic

Bread

Eggs

Spices

Carrots

Mayonnaise

Yogurt

Low fat spread

### Suggestions for Leftovers

**Potatoes** are an excellent addition to soups, stews and casseroles and provide a good source of carbohydrate and vitamin c and if you leave the skin even more fibre.

**Onions** are a great accompaniment to salads but if you find them a little strong why not thinly slice them and leave to soak in water for 30mins prior to adding them as it will soften the flavour.

**Bread** freezes well and can even be toasted from frozen!

**Carrots** are a really versatile vegetable and are delicious roasted, boiled, steamed, mashed and raw. Also add to soups and stews as they absorb flavours well and add a lovely natural sweetness to dishes.

To make **herby garlic toasts**-toast 4 slices of **bread** under grill on 1 side till lightly browned. In a bowl Mix 2 tablespoons of **low fat spread** with 3 cloves of crushed **garlic** and some finely chopped **parsley** and **sage** and spread this evenly over the slices of bread and place under a medium grill for 2 mins . Serve with soups or your favourite pasta as a lower fat garlic bread option.

### Bread and butter and banana pudding

Pre heat oven to 180c

Grease an ovenproof dish. Butter 8 slices of **bread** with **low fat spread**. Layer 4 slices of **bread** ,butter side up, slice 2 **bananas** then add layer of **banana** and handful of **sultanas** and sprinkle with **cinnamon** and repeat.

Gently warm 400ml of **milk** to almost boiling but don't boil, remove from heat. Crack 2 **eggs** in a bowl and add 25g of **sugar** and mix and slowly adding the milk whilst whisking. Pour this mixture over the bread and bake in oven for 30 mins serve with a tablespoon of **plain yogurt**