



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

Kedgerree

Contains a portion of oily fish which is really important for heart health

THURSDAY

Cauliflower Base Pizza

Enjoy making pizza with the kids but can't get any flour? We've found a solution!

TUESDAY

Lasagne

Save time and try our alternative to white sauce, especially useful if you still can't get hold of flour!

FRIDAY

Chicken and Banana Curry

A Children's Nutrition Team favourite!
The banana is always a surprise hit at our cooking sessions

WEDNESDAY

Chicken, Coconut and Sweet Chilli Stir Fry

We love a good stir fry! It's a great way to get your veg portions in.

BONUS RECIPE!

Speedy Biryani

Just add your favourite meat onto the shopping list and you'll have another family friendly meal for four!

SHOPPING LIST

Chicken breasts (650g)	£3.80
Less than 20% fat minced beef (500g)	£1.75
Cheddar Cheese (220g block)	£1.55
Fat free cottage cheese (600g)	£1.90
Eggs (carton of 6)	£1.00
Easy cook long grain rice (1kg)	£1.20
Lasagne sheets (500g)	£0.53
Dried egg noodles (250g)	£1.00
Chopped tomatoes (2x 400g tin)	£0.70
Tinned mackerel in brine (2 x 125g tin)	£1.30
Chopped dates (250g)	£1.25
Balti curry paste (200g jar)	£1.30
Light coconut milk (400ml tin)	£0.90
Reduced salt soy sauce (150ml)	£0.54
Light sweet chilli sauce (200ml)	£0.69
Dried mixed herbs (18g jar)	£0.85
Tomato puree (200g tube)	£0.31
Cauliflower (750g)	£0.89
Mushrooms (400g)	£1.00
Mixed peppers (600g)	£1.16
Red onions (pack of 3)	£0.60
Onions (pack of 3)	£0.60
Mangetout (150g)	£0.90
Pack of cherry tomatoes	£0.54
Iceberg lettuce (whole)	£0.65
Cucumber	£0.57

Lime	£0.25
Lemon	£0.30
Carrots (x 2)	£0.16
Bananas (x 2)	£0.23
Fresh thyme	£0.70
Garlic bulb	£0.16
Frozen peas (900g)	£0.61
Total	£29.89

Estimate based on average of local supermarkets



RECIPES

Kedgerree

Preparation time: 5 minutes

Cooking time: 20 minutes

Serves 4

Ingredients

280g easy cook rice

250g pack tinned mackerel fillets,
drained and flaked

150g frozen peas

4 eggs

1 lemon

Method

- Cook the rice according to the packet instructions
- Use a pan to hard boil the egg, adding the peas for the last few minutes of cooking, drain the pan. Let the egg cool and then peel.
- Add the mackerel to the pan with a little bit of oil or low fat spread, cook for a few minutes until warmed through.
- Add the cooked rice and peas to the pan.
- Stir and cook for 5-8 minutes till combined and warmed through. Chop the eggs into bite-size pieces and stir through
- Squeeze in the juice of 1 lemon

TOP TIP!

If you're not sure how to hard boil an egg check our lunch planners for instructions!

Lasagne

Preparation time: 30 minutes

Cooking time: 1hr 15 minutes

Serves 4 – 6

Ingredients

1 dessertspoon of vegetable oil

500g Less than 20% fat minced beef

1 large onion, peeled and chopped

1 clove of garlic, peeled and chopped

1 tin of chopped tomatoes

2 tablespoons of tomato puree

2 teaspoons mixed herbs

Ground black pepper

Lasagne sheets

600g Fat Free Cottage Cheese

75g mature cheddar, grated

Method

- Fry the mince in the oil in a large pan until browned. Add the onions and garlic and cook for 3-4 minutes until softened. Add the chopped tomatoes, tomato puree, mixed herbs and pepper
- Bring to the boil then reduce the heat and simmer for about 25 minutes.
- Lightly grease a large baking dish and line the bottom with a layer of lasagne sheets. Try not to overlap the sheets or they will not cook in time.
- Once the meat sauce is cooked add a third into the dish and spread to cover the bottom, spoon a third of the cottage cheese onto the mince in dollops (the cottage cheese will not entirely cover the meat). Follow this with a layer of lasagne sheets.
- Repeat the layers finishing with the cottage cheese.
- Finally top with the grated cheese and cook in a pre-heated oven at 200°C for 45 minutes. Poke a knife in to check it glides through, if it does your lasagne is ready!
- Serve with a lettuce, tomato and cucumber salad on the side.

RECIPES

Chicken, Coconut and Sweet Chilli Stir Fry

Preparation time: 15 mins

Cooking time: 15 mins

Serves: 4

Ingredients:

- 4 nests of egg noodles
- 2 dessertspoons of oil
- 325g Chicken breast, cut into bite-size pieces
- 1 garlic clove
- 1 onion
- 2 carrots
- 2 peppers
- 125g mushrooms
- 150g mangetout

Sauce

- 200ml of light coconut milk
- 2 dessertspoons of soy sauce
- 2 dessertspoons of light sweet chilli sauce
- Juice of 1 lime

Method:

- Chop the onion and garlic, peel and grate the carrot, slice the mushrooms and mangetout, cut the peppers into strips.
- Combine all the sauce ingredients in a bowl and mix well
- Heat the oil in a wok or a large pan, when hot add the chicken and stir fry until almost cooked.
- Add the onion, garlic, peppers and mushrooms, stir-fry for 3 minutes.
- Add the grated carrot, mangetout and stir-fry for 2 more minutes
- Stir the sauce in and heat through
- Cook the noodles according to the packet instructions and serve with the stir fry sauce on the top

Cauliflower Base Pizza

Preparation time: 5 minutes

Cooking time: 25 minutes

Serves: approx. 4

Ingredients

- 750g cauliflower
- 2 eggs, beaten
- 1 tablespoon of dried mixed herbs
- Black pepper
- Tin of chopped tomatoes, drained
- 1 tablespoon tomato purée
- 1 garlic clove, crushed
- Oil for greasing
- 1 small red onion, chopped
- 75g mushrooms, sliced
- ¼ pepper, diced
- 125g cheddar cheese, grated

Method

- Heat oven to 200°C. Chop the cauliflower into chunks as small as you can
- Put the cauliflower into a microwaveable bowl cover with cling film and microwave on high for 5-6 minutes or until it goes soft.
- Mash down and strain/mop up any excess fluid using a towel or kitchen paper, get as much liquid out as you can!
- Stir in the beaten egg, mixed herbs and black pepper.
- Line a baking tray with baking parchment and grease with olive oil.
- Mound the cauliflower mix into the centre of the tray, then use a spoon and your hands to spread out. Bake for 15-18 mins until golden brown and starting to crisp a little at the edges.
- Mix the drained tomatoes, tomato puree and crushed garlic then spread onto the base, you might not use all this mix. You just need to lightly coat the base, you don't want to get it soggy!
- Sprinkle the chopped onion, sliced mushrooms and diced pepper over the tomato mix, then sprinkle the grated cheese evenly on the pizza.
- Bake in the oven until cheese has melted.
- Serve with a lettuce, tomato and cucumber salad on the side.

RECIPES

Chicken & Banana Curry

Preparation time: 10 minute

Cooking time: 25 minutes

Serves: 4 people

Ingredients

325g Chicken breast, cut into bite-size pieces

1 red onion

200g mushrooms

2 dessertspoons of Balti curry paste

2 small very ripe bananas

4 sprigs of fresh thyme

50g stoned and chopped dates

2 peppers

200ml light coconut milk

Dessertspoon of oil

Black pepper

Method

- Chop the chicken into small chunks and fry in the oil in a large frying pan for 3 minutes then add the curry paste
- Slice the onions and peppers, add to the pan and fry for a further 2 minutes
- Slice the mushrooms add to the pan and fry for 1 minute
- Add the coconut milk, dates and thyme and simmer for 15 minutes
- Mash the bananas then add to the pan and simmer for 5 minutes
- Season with pepper remove thyme stalks
- Serve with boiled rice (cook according to packet instructions)



FEELING ADVENTUROUS?

- ◆ You could add some curry powder to the kedgeree if you like things with a bit of spice. Or even add some chopped up chives to give it that something extra.
- ◆ Prefer your stir-fry with a bit of a kick? Add a sprinkle of chilli flakes or 1 finely diced chilli at the same time as the garlic.
- ◆ Why not try making a couple of pizzas with different toppings on them, always try to get plenty of veg on there though, it's a great way to reach your 5 a day
- ◆ You can add all sorts to your side salads to jazz them up. Sliced pickled beetroot, grated carrot, spring onion and sweetcorn are some of our favourites!

DON'T LIKE SOMETHING?

- ◆ If you don't like mackerel you could try tinned salmon in the kedgeree instead. It counts as an oily fish so you'll still be getting that all important Omega 3.
- ◆ If you're vegetarian you can use Quorn pieces in the curry and the stir fry and vegetarian mince in the lasagne they work just as well!
- ◆ Fancy a change? Why not swop chicken for turkey, it's a great low fat option for your protein source
- ◆ You can have whatever topping you like on your pizza, have a look what's in your cupboards, just try to avoid things like pepperoni and salami as they are high in fat and salt.

LEFTOVERS

Leftovers

Cheddar cheese
Red onion
Onion
Peppers
Carrots
Lettuce
Cucumber
Cherry tomatoes
Garlic
Egg noodles
Rice
Lasagne sheets
Balti curry paste
Dates
Soy sauce
Sweet chilli sauce
Tomato puree
Mixed herbs
Frozen peas

Suggestions for Leftovers

- ◆ Why not give our Quick Biryani recipe a go (recipe below). All you'll need to add to your shopping list is 450g of your favourite meat, we like chicken or beef in this one and coriander if that's something you like. It's such a quick and easy tea and packed full of flavour
- ◆ You could try your hand at making a basic pasta sauce recipe now that chopped tomatoes are back in the shops! Why not see if they are on offer and add a couple more to your list so that you can give this recipe a try. Cook 2 garlic cloves and 2 chopped onions over a medium heat until soft. Add a tablespoon of tomato puree and cook for a couple of minutes. Add 2 tins of chopped tomatoes and a teaspoon of mixed herbs and cook for 20 mins. Serve on your favourite pasta shapes with a small grating of cheese
- ◆ Looking for a quick and easy lunch? You could make an open toastie—add halved cherry tomatoes, thinly sliced peppers and red onion to cheese on toast before you put it under the grill

Quick Biryani (Serves 6)

Heat 2 **teaspoons of oil** in a large pan with a lid. Chop 2 **medium onions** and add to the pan cook over a low heat until softened. Add 2 **crushed cloves of garlic**, 3 **tablespoons of Balti curry paste**, 450g **chicken/beef cut into bite-size pieces**, 300g of **long grain rice**, 850ml of **beef stock** and **black pepper**. Bring to the boil and add 1 **sliced pepper**. Reduce the heat and cover with a lid. Simmer over a low heat for 15 minutes. Add 200g of **frozen peas** and stir gently. Cover and continue to simmer until the rice is cooked. Remove from the heat and garnish with **chopped coriander**.