



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. 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!

WHAT'S ON THE MENU?

MONDAY

Salmon Tabbouleh

A colourful dish to brighten up your week.

TUESDAY

Chicken Tray Bake

One pot dish to save on the washing up!

WEDNESDAY

Sausage Frittata

Both kids and grown ups love this tasty dish!

THURSDAY

Rice and beans

Simple, cheap and nutritious!

FRIDAY

Pork Traffic Lights

Ready, steady, go!

BONUS RECIPE!

Microwave Risotto

Super easy and super quick!

SHOPPING LIST

4 frozen salmon fillets – £3.70
500g cous cous—70p
Bunch spring onions – 48p
Mixed peppers—pack of 5—£1.20
600g chicken thigh fillets - £3
Swede—50p
2 large carrots—22p
2 large parsnips—43p
1kg sweet potatoes—1.15
Mixed herbs – 30p
2 medium onions – 35p
Garlic bulb—16p
540g pork steaks - £3.00
500g natural yoghurt – 45p
Wholegrain mustard – 40p
250g pack cherry toms – 54p
Tin pineapple chunks – 55p
8 sausages - £1.70 – *at least 70% pork*
12 eggs – 1.69
Frozen peas – 69p

Grated cheese – 1.55
1kg short grain rice —£1.60
400g tin chickpeas – 33p
400g tin black beans – 55p
Lemon – 30g

£25.54

Estimate based on average of local supermarkets



RECIPES

Salmon tabbouleh

Preparation time: 10 mins

Cooking time: 30 mins

Serves: 4

Ingredients

4 frozen salmon fillets

200g plain cous cous

4 spring onions

1 red pepper

1 yellow pepper

Juice of half lemon

1 tsp of olive oil

Method

- Rinse the **fish fillets** under cold water to wash off any ice glaze. Place in a baking dish and cover with foil.
- Bake in the oven (200°C / gas mark 6) for 20-30 minutes (*Once cooked it should flake easily*)
- Meanwhile, pop the kettle on. Put 200g **cous cous** into a heat proof bowl and add the boiled water according to the pack instructions.
- Chop the **peppers**, and **spring onions** into tiny pieces.
- Mix the **cous cous** and **veggies** together and share between 4 plates. Place a **salmon fillet** on top of each. Add a squirt of **lemon juice** and enjoy!

Chicken Tray Bake

Preparation time: 15 mins

Cooking time: 50 mins

Serves: 4 people

Ingredients

600g chicken thigh fillets

1 swede

2 large carrots

2 large parsnips

2 medium sweet potatoes

2 medium onions

1tbsp oil

4 tbsp mixed herbs

2 garlic cloves, crushed

Method

- Heat the oven to 200°C / gas mark 6
- Peel and chop the **vegetables** into chunks
- Place the **chicken** and the **veg** into a large roasting tray (*any deep heat proof dish will work*)
- Drizzle the **oil**, and sprinkle the **herbs** and **garlic** over the top.
- Using your hands, toss the ingredients around on the tray to ensure they are all coated in oil and herb mix.
- Bake for 45-50 minutes—half way through, give everything a mix.
- Divide onto plates and tuck in!

RECIPES

Sausage Frittata

Preparation time: 10 mins

Cooking time: 35 mins

Serves: 4 people

Ingredients

8 sausages

8 eggs

1 onion

1 sweet potato

Mixed herbs

Method

- Chop the **sausages** into chunks and fry them with 1 tablespoon oil. Cook for 10 minutes and then remove from the pan.
- Peel and chop the **onion** and **potato** into thin slices. Add to the pan and stir fry for 10-15 minutes until soft and golden.
- Add the **sausages** back to the pan.
- Beat the **eggs** and pour into the pan.
- Sprinkle over the **mixed herbs**
- Cook for 5 minutes until the edges start to set.
- Pop under the grill until the top starts to brown and puff up slightly.
- Cut into slices and enjoy.

Pork Traffic Lights

Preparation time: 15 mins

Cooking time: 15 mins

Serves: 4 people

Ingredients

500g Pork steak, cut into chunks

Tin pineapple chunks

Onion

12 cherry tomatoes

2 green peppers

3 tablespoons natural yoghurt

1 tablespoon mustard

200g cous cous

Method

- Mix **yoghurt** and **mustard** and dip the **pork** into it. leave to marinade.
- Meanwhile, chop the **peppers** into chunks.
- Peel the **onion** and chop into quarters.
- Thread the **pork**, **vegetables** and **pineapples** onto skewers.
- Bake in the oven (200°C / gas mark 6) for 30 minutes
- Cook the **cous cous** according to pack instructions and serve with the **pork** skewers.

** If using wooden skewers, soak in water for 10 minutes prior to using so they don't burn.*

Alternatively—simply tray bake everything together

RECIPES

Rice and beans

Preparation time: 10 mins

Cooking Time: 30 mins

Serves: 4 people

Ingredients

300g Rice

250g frozen peas

400g tin chickpeas

400g tin black beans

Lemon

2 spring onions

Method

- Cook the **rice** according to packet Instructions
- Boil the **peas** in a pan for 5 minutes. Drain.
- Stir fry the **peas, spring onions, chickpeas** and **beans** until cooked through,
- Add a squeeze of **lemon** and mix in the cooked **rice**. Grab a fork and tuck in!

FEELING ADVENTUROUS?

- ◆ Swap the cous cous for bulgur wheat, or quinoa for a healthy alternative.
- ◆ Try adding a teaspoon of wholegrain mustard to the rice and beans for a taste explosion.
- ◆ Add shredded chicken to the rice and beans or up your fish count with some tinned mackerel, salmon, sardines or tuna.
- ◆ Add any leftover vegetables to the tray bake such as cauliflower, tomatoes, peppers or courgettes.
- ◆ Try green beans or sweetcorn instead of peas in the rice and beans.
- ◆ Add spice to the pork traffic lights if you're feeling fiery!

DON'T LIKE SOMETHING?

- ◆ If you're vegetarian or simply fancy something different you can substitute the chicken and sausages for vegetarian alternatives.
- ◆ Don't like pork? Swap for chicken, sausage or simply vegetables.
- ◆ Mustard not for you? Try paprika, mixed herbs or simply have the meat plain.
- ◆ Don't like salmon? Swap for any fish of your choice.



LEFTOVERS

Leftovers

Cous cous
Peppers
Sweet potatoes
Mixed herbs
Garlic
Natural yoghurt
Wholegrain mustard
Eggs
Peas
Cheese
Short grain rice

Suggestions for Leftovers

- ◆ Simply boil eggs as a healthy and nutritious snack which will help to fill you up.
- ◆ Try baked sweet potatoes in place of your usual jacket spuds. These are highly nutritious and count towards your 5 a day!
- ◆ Made a dish too spicy? Add a dollop of natural yoghurt to cool it down—it really works!
- ◆ Mash sweet potatoes with peas and cheese for an alternative take on the classic mash!
- ◆ Mixed herbs typically contain oregano, basil and thyme and can be used in most dishes.
- ◆ Jazz up cheese on toast with a smidge of wholegrain mustard!
- ◆ Make an easy rice pudding— add 100g short grain rice, 1 pint of milk and a couple of teaspoons of sugar in a pan. Bring to the boil, and simmer for 30 minutes. Keep stirring as it has a tendency to stick to the pan! If its too dry add a bit more milk. Its ready when the liquid has been absorbed and the rice is soft and sticky. Top with some fresh berries and your good to go!

Bonus recipe* **Cheats Microwave Risotto

400g **rice**, 200ml **chicken** or **vegetable stock**, 50g **grated cheese**

Plus your choice of extras—e.g. cooked meat, fish or vegetables - great for using up leftovers!

Pour stock over the **rice** and microwave for 5 minutes. Stir and microwave again for 5 minutes.

When cooked stir in the **cheese** and add your extras

Risotto and short grain rice works best as it gives a creamier texture, but this is more expensive so don't worry—any rice works just as good.

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.childreznutrition@nhs.net