



## 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](http://www.tameside.gov.uk/healthyeatingandnutrition/kids/budget) or follow us on Twitter @NHSTamesideCNT

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