



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

Lentil Ragu with Spaghetti

A vegetarian classic

TUESDAY

Fish Burgers

A delicious alternative burger

WEDNESDAY

Stuffed Peppers

Easy way to use up leftover ragu

THURSDAY

Chicken Kebabs

Healthy kebab option!

FRIDAY

Sardine penne pasta

Great way to get an oily fish portion

Dessert

Strawberry cheesecake

A lovely summer pudding

SHOPPING LIST

Carrots 1kg	£0.49
Eggs carton of 6	£1.00
Penne pasta shapes 500g	£0.53
Easy cook long grain rice 1kg	£1.20
Split red lentils 500g	£1.15
Onions 1kg	£0.85
Garlic bulb	£0.16
Peppers 600g mixed bag of 5	£1.10
Celery	£0.49
Courgettes pack of 3	£0.93
Iceberg lettuce	£0.65
Cucumber	£0.57
Frozen peas 900g bag	£0.61
Frozen white fish fillets 520g bag	£2.18
2 Tins chopped tomatoes	£0.56
Tomato puree	£0.31
Low salt vegetable stock cubes	£0.50
Chilli powder	£0.85
Mixed herbs	£0.85
Fresh flat leaf parsley	£0.70
Fresh basil	£0.70
Wholemeal loaf	£0.59
Wholemeal baps pack of 4	£0.69
Light mayo	£0.65
Passata 500g	£0.32
2 x 350g packs of cherry tomatoes	£1.30
2 Lemon	£0.60

Plain yogurt	£0.45
Feta cheese 200g	£0.95
Chicken breast fillets 650g	£3.25
2 tins of sardines in tomato sauce 120g	£0.80
Low fat cream cheese	£0.49
Vanilla essence	£0.65
Pack of digestive biscuits	£0.42
Strawberries 227g	£0.99

Total **£28.59**

Estimate based on average of local supermarkets



RECIPES

Lentil Ragu and Spaghetti

Preparation time: 10 mins

Cooking time: 60 mins

Serves: 4 (with leftovers for 4)

Ingredients

Olive oil

2 onions, finely chopped

3 carrots, grated

3 celery sticks, finely chopped

3 cloves garlic, crushed

500g dried lentils

2 tins tomatoes

2 tbsp. tomato puree

4 teaspoons mixed herbs

1 litre of veg stock

Spaghetti

Method

- ◆ In a large pan heat tablespoon of **olive oil** and add in **onions, carrots, celery** and **garlic** on a low heat soften for 15 mins.
- ◆ Then stir in **lentils**, tin **tomatoes**, **tomato puree**, **herbs** and **stock** and simmer for 45 mins.
- ◆ Cook the **spaghetti** as per packet instructions and serve ragu over the pasta.

Fish Burgers

Preparation time: 10 mins

Cooking Time: 14 mins

Serves: 4

Ingredients

520g of white fish (haddock, cod, pollack etc.) finely chopped

1 onion, finely chopped

3 cloves garlic, crushed

Handful parsley, finely chopped

Handful basil, finely chopped

1 egg

100g breadcrumbs

4 burger buns

Mayonnaise

Lettuce

Method

- ◆ Sweat off the **onions** in a tablespoon of **oil**
- ◆ In a large bowl mix the **fish, onions, herbs, egg** and **bread crumbs** and then form into 4 burgers.
- ◆ Heat the oven to 180°C
- ◆ Place the burgers in a frying pan and brown each side for 2 minutes each and then place on a baking tray and place in oven or 6 mins.
- ◆ Serve in the **burger buns** with side salad of **lettuce, cucumber, tomatoes** and grated **carrot** and **light mayo** or caper sauce (see recipe in feeling adventurous section).

RECIPES

Stuffed Peppers

Preparation time: 10 mins

Cooking time: 25 mins

Serves: 4 people

Ingredients

Half the left over lentil ragu mixture

4 peppers

200g Rice

Handful chopped Basil

Handful chopped Flat leaf parsley

150g Feta Cheese

Lettuce

Courgette

Carrot

Olive oil

1/2 lemon

Method

- ◆ Cook **rice** as per instructions on the packet.
- ◆ Mix the cooked **rice** with the **ragu** mixture, **basil** and **parsley** and 100 g **feta cheese**
- ◆ Cut the four **peppers** in half and lay in an oven proof dish and fill each half pepper with the rice and lentil mixture. Sprinkle 50g of **feta** on the top and place in oven at 200°c for 25 mins.
- ◆ Serve with a side salad of grated **carrot**, grated **courgette** and finely sliced **lettuce** dressed with **olive oil** and squeeze of **lemon**.

Chicken Kebabs

Preparation time: 30 mins minimum

Cooking time: 25 mins

Serves: 4 people

Ingredients

Chicken breast fillets diced

1 Pepper cut into large chunks

1 Courgette cut into thick slices

8 cherry Tomatoes

2 Onions cut into chunks

200g Rice

100g peas

100mls Yogurt.

Handful of Chopped basil and parsley

1 clove garlic crushed

Marinade

2 tablespoons Olive oil

1 Lemon, zest and juice

2tsp Mixed herbs

1 clove garlic

Pepper

Method

- ◆ Mix together the marinade ingredients (**olive oil, lemon zest and juice, mixed herbs, garlic and pepper**) in a large bowl
- ◆ Add in the **chicken** pieces and leave to marinade for minimum 20 mins but even better if left overnight.
- ◆ If you have skewer alternate **chicken, courgette, peppers, onions and tomatoes** onto skewers but if not just arrange on a tray. Place tray in oven for 25 mins
- ◆ Cook **rice** according to pack instructions, cook **peas** in boiling water for 2 mins and then toss through the rice
- ◆ Mix the **yogurt** with chopped **herbs** and **garlic** and serve
- ◆ Serve the chicken kebabs with the rice and peas and spoonful of yogurt sauce.

RECIPES

Sardine pasta

Prep time: 10 mins

Cooking time: 10 mins

Serves: 4 people

Ingredients

300g pasta

4tbsp olive oil

2 small onions, chopped

2 cloves garlic, crushed

Chilli powder or flakes (optional)

350g cherry tomatoes

150g frozen peas

300mls passata

2 tins sardines

Handful of chopped Basil

Pepper

Method

- ◆ Cook **spaghetti** in a large pan of boiling water according to packet instructions.
- ◆ Meanwhile to make the sauce, heat **olive oil** in a non-stick saucepan; add **onion** and **garlic** for 5-7 minutes or until softened. Stir in **chili**, **tomatoes**, **peas**, **passata** and **sardines** with their sauce, breaking up sardines roughly. Cover and simmer for about 5 minutes until tomatoes are softened. Stir in **basil** and season with black pepper .
- ◆ Serve sauce with the drained spaghetti, and serve with extra shredded basil if desired.

FEELING ADVENTUROUS?

- ◆ If you want your chicken kebab to be more like a take away one, why not serve it in a pitta bread or a naan bread instead of with rice .
- ◆ As well as stuffed peppers you could also stuff tomatoes or even butternut squash with the ragu rice filling. Just scoop out the seeds and fill and bake in the same way.
- ◆ Make a quick tar tare sauce to serve with the fish burger mix 150g low fat mayo with 1 tbsp. of capers, 1 tbsp. of gherkins and juice of a lemon . You could also add a tablespoon of chopped parsley.

DON'T LIKE SOMETHING?

- ◆ Not keen on sardines why not swap for a different tinned fish such as mackerel, pilchards or tuna
- ◆ Don't like strawberries on your cheesecake? Swap for another berry such as raspberries, blueberries or blackberries or other fruits such as bananas or slices of each
- ◆ If you don't want lentils or you just fancy a meaty dish why not swap the lentils for low fat beef or pork mince. Or you could do half lentil half meat.

LEFTOVERS

Leftovers

Onions

Carrots

Celery

Tomato-
puree

Veg stock

Eggs

Bread

Mayo

Courgettes

Yogurt

Peas

Passata

Cream cheese

Digestive biscuits

Bread

Suggestions for Leftovers

- ◆ When making cheese toasties or cheese on toast why not add thin slices of onion before grilling/toasting -delicious!
- ◆ To make a really quick easy vegetable soup finely chop 2 onions, 3 carrots and 2 sticks of celery and soften in a pan with a tablespoon of oil for 5 mins. Then add a pint of stock and simmer for 15 mins and then use a hand blender or liquidiser to bring to a smooth soup. Add pepper or chilli for extra flavour.
- ◆ To use up courgettes use a potato peeler and drag along the length of the courgette to make ribbons. In a medium pan put a tablespoon of oil and heat and add the courgette ribbons and cook for 3 minutes and serve as a side to any main dish. You could also toss in some peas for a lovely summer veg medley.
- ◆ Tomato puree and passata will keep in the fridge for a few days and make a great sugar free tomato base for pizzas. Just add in a spoonful of your favourite pizza herbs e.g. oregano, marjoram or mixed herbs.
- ◆ Digestive biscuits can be crushed up and added into crumble toppings with no need to add sugar to the crumble topping as the biscuits are sweetened.

Strawberry cheesecake

Crush 6 **digestive biscuits** and share between 4 bowls. Beat 175g of **soft cream cheese** with 150ml of **low fat yogurt** and then add 2 drops of **vanilla essence** and a 2 tablespoons of **lemon juice**. Spoon the mixture over the biscuits and then top with sliced **strawberries**.

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

For more information or to give feedback please email us - tga-tr.childrensnutrition@nhs.net

Sardine Pasta recipe courtesy of www.bhf.org.uk