

TEN DAY FAMILY MEAL FOR FOUR PLANNER

MEALS

Day 1: Five bean chilli and rice - Choc ices

Day 2: Bangers, mash & veg- Raspberry ripple mousse

Day 3: Pasta and tomato sauce - Fruit yoghurts

Day 4: Fish fingers, chips and mushy peas -
Apple crumble and custard

Day 5: Jacket potatoes, cheese 'n' beans - Choc ices

Day 6: Hotdogs, chips 'n' beans - Müller choc mousse

Day 7: Minced beef in onion gravy, mixed veg & mash -
Jelly

Day 8: Cheese and broccoli pasta with garlic bread -
Fruit yoghurt & raspberry ripple mousse

Day 9: Vegetable curry and rice - Viennetta

Day 10: Chicken pasta and tomato sauce - Rice pudding

Food tastes
better when you
eat it with your
family.

Here are ten two-course budget meal ideas to feed a family of four, the equivalent of the Free School Meal voucher value of £30. The recipes are simple and we have tried to include a balanced, healthy variety. More accurate and detailed nutritional information will be included on the packaging. The suggestions are Asda home brands. Approximate nutritional values are also included and a simple cooking method. You could even get the children to have a go! Happy cooking!

Mrs Dowling@dearneparents

Shopping List

Product	Cost
Asda Mexican beans (x2)	£1.30
Onions (includes 3)	£0.30
Chopped tinned tomatoes	£0.28
Smart price long grain rice	£0.49
Sausages (includes 8)	£2.00
2kg Potatoes	£1.25
Chilli mix sachet	£0.21
Pasta (x2 bags)	£1.00
x2 Tomato pasta sauce (various flavours)	£1.18
X1 box of fish fingers (includes 10)	£1.36
x2 Asda Mushy peas	£0.54
1.5kg straight cut chips	£1.25
Frozen mixed vegetables	£0.94
Jacket potatoes (includes 4)	£0.76
250g Grated cheddar	£1.75
Baked beans (x2)	£0.58
Hotdogs (includes 8)	£0.50
6 White finger rolls	£0.53
500g Minced beef	£1.59
Gravy	£1.00
Cheese and broccoli pasta (x3 packets)	£1.23
Garlic bread (x2 baguettes)	£0.80
Frozen broccoli, carrots and cauliflower	£0.99
Tikka Masala curry sauce	£0.64
Battered crispy chicken (includes 2)	£1.00
Choc ices (includes 8)	£0.70
Raspberry ripple mousse (includes 6)	£0.68
Yoghurts (includes 6)	£0.90
Apple crumble	£0.90
x2 Tins of custard	£0.50
Muller lite chocolate mousse (includes 4)	£1.00
Viennetta	£1.00
Jelly (various flavours)	£0.38
x2 Tins of rice pudding	£0.40
TOTAL	£29.93



Day 1: Five bean chilli and rice - Choc ices

Ingredients

- 1 onion diced
- 500g rice
- x1 tin of chopped tomatoes
- x1 chilli mix packet
- x2 cans of mixed beans

Nutritional value per serving

Calories: 596
 Fat: 17.5g
 Carbohydrates:
 90.6g
 Protein: 22.8g

Method

- Chop one onion and fry until golden brown.
- Begin to cook the rice according to packet instructions (usually takes approximately 15 minutes).
- Add the chilli powder mix, chopped tomatoes to the onion and warm through.
- Open the cans of mixed beans and drain.
- Add the drained beans to the tomato and onion sauce and warm through.



Dessert

Choc ice (92 calories)

Day 2: Bangers, mash & veg- Raspberry ripple mousse

Ingredients

- 8 sausages
- 1kg potatoes
- 500g mixed vegetables
- Gravy powder

Nutritional value per serving

Calories: 776
 Fat: 48.48g
 Carbohydrates:
 52.42g
 Protein: 33.56

Method

- Preheat the oven. Place the sausages in an oven proof dish and cook according to packet instructions (usually around 20 minutes).
- Meanwhile peel and cut up 1kg of potatoes and boil in salty water, until soft.
- Place 500g of frozen mixed vegetables in a pan of water and boil until cooked.
- Drain and mash the potatoes.
- Make some gravy according to packet instructions (optional).



Dessert

Raspberry ripple mousse (160 calories)

Day 3: Pasta and tomato sauce - Fruit yoghurts

Ingredients

- 1kg bag of pasta
- 1 jar of tomato sauce

Method

- Boil 1kg of pasta in salted water for around 10 minutes.
- Slowly heat the pasta sauce until warmed through.
- Drain the pasta and add to the sauce. Stir until mixed together.



Nutritional value per serving

Calories: 412
 Fat: 4.4g
 Carbohydrates:
 83.2g
 Protein: 15.12g



Dessert

Yoghurt (90 calories)
 Tip: try it frozen

Day 4: Fish fingers, chips and mushy peas - Apple crumble and custard

Ingredients

- 1 box of fish fingers
- 750g oven chips
- x2 tins of mushy peas

Method

- Preheat the oven. Place the fish fingers and 750g of chips in an oven proof dish and cook according to packet instructions (usually around 20 minutes).
- Five minutes before the fish fingers and chips are cooked, warm through the mushy peas in a pan.



Nutritional value per serving

Calories: 484
 Fat: 11g
 Carbohydrates:
 58g
 Protein: 42g



Dessert

Apple crumble and custard
 (311 calories)

Day 5: Jacket potatoes, cheese 'n' beans - Choc ices

Ingredients

- x4 jacket potatoes
- 1 packet of grated cheese
- 1 tin of beans

Method

- Preheat the oven 220°C or gas mark 6.
- Wrap the 4 potatoes in foil and bake in the oven for around 1.5 hours. Alternatively, you could cook the potatoes in the microwave for around 10 minutes each (without the foil!).
- Just before the potatoes are cooked, warm the baked beans through.
- Add the beans and grated cheese to the potatoes.



Nutritional value per serving

Calories: 522
 Fat: 16.1g
 Carbohydrates: 71.9g
 Protein: 22.0g



Dessert

Choc ice (92 calories)

Day 6: Hotdogs, chips 'n' beans - Müller choc mousse

Ingredients

- 750g oven chips
- x4 white finger rolls
- x1 tin of beans
- x1 tin of hotdogs

Method

- Preheat the oven. Place 750g of chips in an oven proof dish and cook according to packet instructions (usually around 20 minutes).
- Five minutes before the chips are cooked, warm through the hot dogs in a pan of simmering water.
- Warm through the beans in pan.
- Place hotdog in bread roll.



Nutritional value per serving

Calories: 788
 Fat: 20.2g
 Carbohydrates: 78.3g
 Protein: 18.3g



Dessert

Müller lite chocolate mousse (95 calories)



Day 7: Minced beef in onion gravy, mixed veg & mash – Jelly

Ingredients

500g minced beef
 x1 onion diced
 1kg potatoes
 500g frozen vegetables
 Gravy powder

Nutritional
value per
serving
 Calories: 544
 Fat: 16.42g
 Carbohydrates:
 68.92g
 Protein: 31.10g

Method

- Fry the mincemeat and 1 onion until brown. Once cooked, drain off any excess fat.
- Meanwhile peel and cut up 1kg of potatoes and boil in salty water, until soft.
- Place 500g of frozen mixed vegetables in a pan of water and boil until cooked.
- Drain and mash the potatoes.
- Make the desired amount of gravy and add to the mincemeat and onion. Stir well.



Dessert
 Jelly (149 calories)

Day 8: Cheese and broccoli pasta with garlic bread - Fruit yoghurt & raspberry ripple mousse

Ingredients

x3 packets of Asda cheese and broccoli pasta
 x1 packet of garlic baguettes

Nutritional
value per
serving
 Calories: 633
 Fat: 20.4g
 Carbohydrates:
 110.7g
 Protein: 22.6g

Method

- Make the pasta according to packet instructions.
- Meanwhile, preheat the oven and bake the garlic bread according to packet instructions.
- Mix leftover yoghurt and mousse for dessert.



Dessert
 Fruit yoghurt and
 raspberry ripple
 mousse (160 calories)

Day 9: Vegetable curry and rice – Vienetta

Ingredients

x1 jar of tikka masala sauce
 x1 onion
 500g rice
 Frozen broccoli, carrots and cauliflower

Nutritional
value per
serving
 Calories: 750
 Fat: 27g
 Carbohydrates:
 97.5g
 Protein: 13.5g

Method

- Boil a desired amount of vegetables for around 10 minutes.
- Chop the onion and fry until golden brown.
- Meanwhile, cook the rice according to packet instructions (usually takes approximately 15 minutes).
- Warm through the jar of tikka masala sauce.
- Drain the cooked vegetables and add to the tikka masala sauce. Stir through until mixed together.



Dessert
 Viennetta (250 calories)

Day 10: Chicken pasta and tomato sauce - Rice pudding

Ingredients

1kg pasta
 2 battered chicken fillets
 x1 jar of tomato pasta sauce

Nutritional
value per
serving
 Calories: 562
 Fat: 6.4g
 Carbohydrates:
 90.2g
 Protein: 22.12g

Method

- Boil the pasta in salted water for around 10 minutes.
- Meanwhile, preheat the oven and bake the battered crispy chicken according to packet instructions.
- Slowly heat the pasta sauce until warmed through.
- Drain the pasta and add to the sauce.
- Cut up the chicken and add to the pasta and sauce. Stir until mixed together.



Dessert
 Rice pudding (169 calories)