

# ONE WEEK MEAL PLAN

SUNDAY	B	SCOTCH PANCAKES, BANANA, CHOC SPREAD
	L	EGG MUFFINS
	D	ROAST CHICKEN, MIXED VEG, ROAST POTATOES
MONDAY	B	PORRIDGE WITH TINNED PEACHES OR CHOC SPREAD
	L	CHICKEN AND VEG SOUP, PART BAKED BREAD
	D	CHEESY VEGGIE PASTA
TUESDAY	B	PORRIDGE WITH STRAWBERRY JAM
	L	NOODLES WITH MIXED VEG
	D	CAJUN DIRTY RICE
WEDNESDAY	B	PORRIDGE WITH TINNED PINEAPPLE OR CHOC SPREAD
	L	EGG MUFFINS
	D	CHICKEN HASH
THURSDAY	B	PORRIDGE WITH STRAWBERRY JAM
	L	L/O CHEESY VEGGIE PASTA
	D	COTTAGE PIE, MIXED VEG
FRIDAY	B	PORRIDGE WITH TINNED MANDARINS OR CHOC SPREAD
	L	CHICKEN AND VEG SOUP, PART BAKED BREAD
	D	HOMEMADE PIZZA
SATURDAY	B	POACHED EGG AND TOAST
	L	SARDINE PASTA
	D	CHICKEN FRIED RICE



# SHOPPING LIST

WHITE BREAD	36p	200G SOFT CHEESE	49p
BEEF STOCK CUBES	39p	900G BROCCOLI & CAULIFLOWER	89p
VEGETABLE STOCK CUBES	39p	1KG MIXED VEGETABLES	69p
TINNED CHOPPED TOMATOES	28p	1KG ROOT VEGETABLE MEDLEY	£1.00
SARDINES IN TOMATO SAUCE	40p	1KG BROWN ONIONS	50p
3 PACK MIXED PEPPERS	79p	2.5KG WHITE POTATOES	99p
1KG LONG GRAIN RICE	45p	WHOLE CHICKEN	£2.52
500G BEEF MINCE	£1.49	400G MATURE CHEDDAR	£1.79
CHICKEN NOODLES X2	28p	TOMATO PUREE	28p
STRAWBERRY JAM	28p	CHERRY TOMATOES	48p
1KG PORRIDGE OATS	75p	2 x BANANAS	26p
TINNED PINEAPPLE	65p	CHOCOLATE SPREAD	80p
TINNED PEACHES	31p	15 EGGS	99p
TINNED MANDARINS	58p	2 x PART BAKED BAGUETTES	84p
500G PASTA	29p	TOTAL	£20.21

# TOTAL £20.21



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# SCOTCH PANCAKES

## INGREDIENTS

50g caster sugar  
100g flour (plain or self-raising)  
1 egg  
splash of milk

## METHOD

Sieve the flour and sugar into a bowl  
Add egg and whisk into sugar and flour  
Gradually add splashes of milk and whisk until you get a relatively thick, smooth batter, about the same consistency as double cream  
Grease the pan and put on the hob, once it is hot, ladle in some of the batter  
As it starts to bubble on the surface, turn over the pancake  
Serve with chocolate spread and sliced banana



# EGG MUFFINS

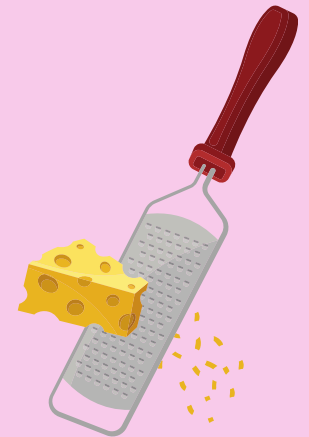
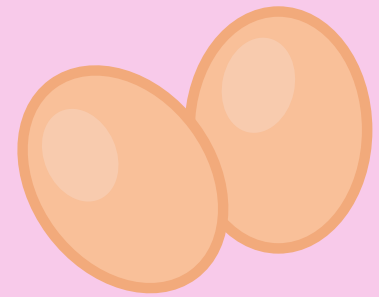
## INGREDIENTS

3 medium eggs

Splash of milk

100g grated cheese

12 cherry tomatoes



## METHOD

Whisk your egg and milk

Add the rest of your ingredients

Put into your muffin tin, well greased,

Bake in a medium hot oven until starting to go golden brown.

You want them cooked through especially if having cold/freezing.



# ROAST CHICKEN

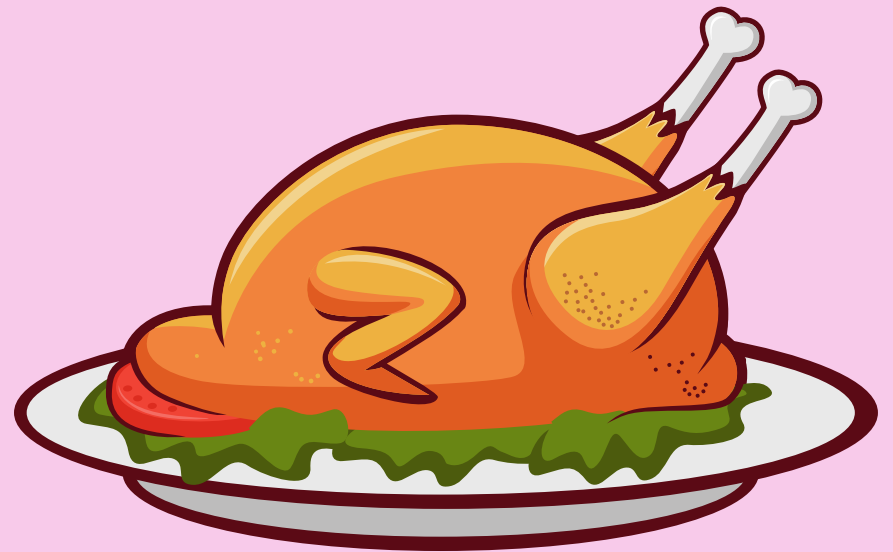
## INGREDIENTS

1 chicken

2 onions

Butter or oil

Salt and pepper



## METHOD

Heat oven to 200C and cut the onions in half.

Put 1/2 an onion in the bottom end of the chicken and 1/2 an onion in the other end.

Prick the chicken all over and rub with butter or oil Season with salt and pepper

Sit the bird in a roasting tray and roast for 25 minutes per 500g plus another 25 minutes

Remove from the oven and allow to rest before carving

Can also be slow cooked for 4-6 hours



# PORRIDGE

## INGREDIENTS

150g porridge oats

1 litre of water or milk

4 tsp chocolate spread or 4 tsp of jam or 1 tin peaches sliced, 1 tin of pineapple or 1 tin of mandarins



## METHOD

Put the oats in a saucepan and stir in the water / milk

Bring to the boil stirring frequently then reduce to a simmer for around 4 minutes. Divide porridge into 4 bowls and top with the fruit or stir through chocolate spread or jam





# CHICKEN & VEG SOUP

## INGREDIENTS

1 medium potato, diced

1 onion, diced

2 carrots, diced

1/2 swede, diced

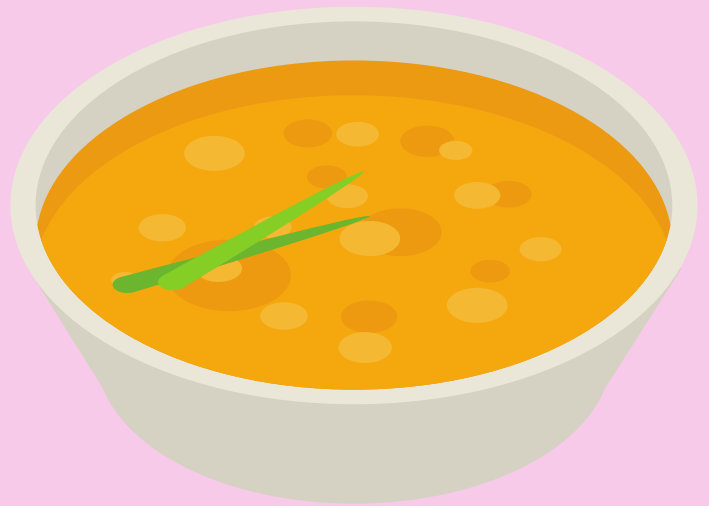
1 parsnip, diced

1-2 pints chicken stock (from your chicken carcass, see recipe on website or from cubes )

1tspn dried tarragon

Salt and pepper

Shredded chicken from your roast



## METHOD

Fry off the veg in a large pot until just soft. Add in the stock and seasoning bring to the boil. Cover and simmer for 20-30 minutes. Add in cooked chicken and check seasoning. Serve with part baked baguettes.





# CHEESY VEGGY PASTA

## INGREDIENTS

300g pasta

200g frozen cauliflower / broccoli

200g frozen mixed veg

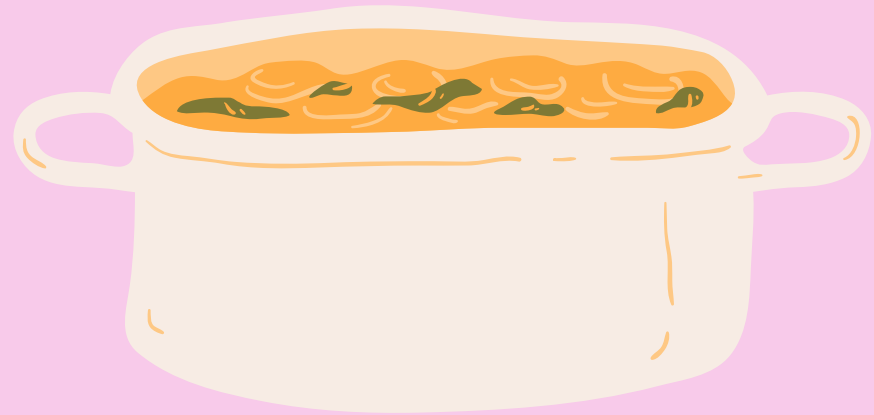
200g soft cheese

1 veg stock cube

200g cheese

## METHOD

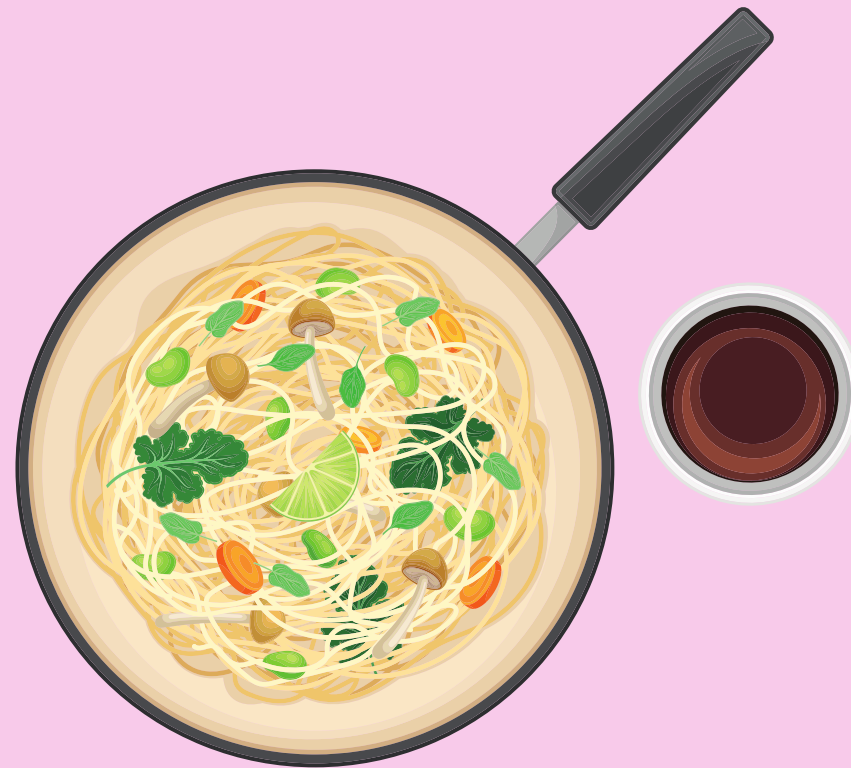
Bring a large pan of water to the boil. Add the pasta and frozen veg to the pot, reduce the heat and cover. Cook for 10 minutes then remove 100ml's of the cooking water before draining the pasta. Crumble the stock cube into the reserved water and mix with the soft cheese and grated cheese and stir through the pasta until melted and well mixed.



# NOODLES WITH MIXED VEG

## INGREDIENTS

2 packs of chicken noodles  
2 veg stock cubes  
400ml's of water  
200g mixed veg



## METHOD

Add 400ml's of water to a medium pot. Add the veg, noodles and stock cubes. Bring to the boil, stir well, reduce heat and simmer for about 3minutes until the water has absorbed



# DIRTY CAJUN RICE

## INGREDIENTS

200 g minced beef

2 diced peppers (any colour)

2 diced onions

3 tbsp Cajun spices or paprika or chilli powder

200 ml beef stock

3 cups rice

200g mixed veg

## METHOD

Put the rice and veg on to cook.togethe. Put your onion and your mince in a large pot and cook until mince is browned. Add your spices and peppers and stir through. Add your beef stock and simmer for 15-20 minutes. Once your rice and veg are cooked stir them into your mince and serve.



# CHICKEN HASH

## INGREDIENTS

500g potatoes, peeled

A little veg oil

1 chopped onion

1 diced red pepper

200g cooked chicken diced

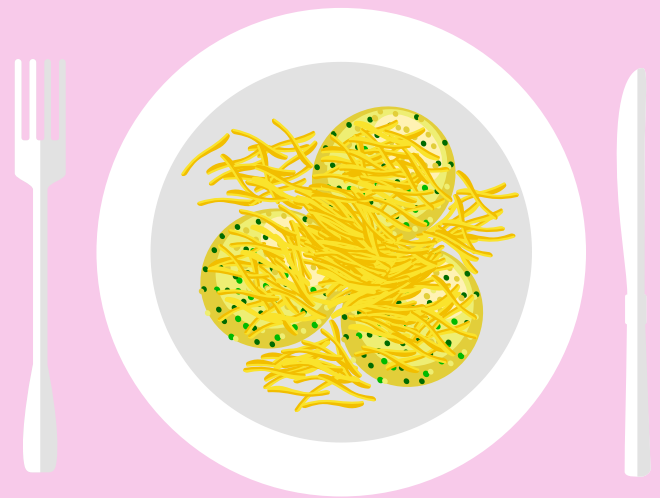
100g grated cheese

## METHOD

Boil the potatoes in salted water until just cooked. Drain and cut into cubes

Heat the oil in a heavy bottomed saucepan. Add the onion and peppers and sauté until softened. Stir in the potatoes and cook for another 5

minutes until they're starting to brown. Add the chicken, stir and then sprinkle on the grated cheese. Place under the grill until golden.



# COTTAGE PIE

## INGREDIENTS

250g minced beef

125g porridge oats

2 onions diced

2 carrots grated

2 beef stock cubes with 500ml's boiling water

large glug of brown sauce

mashed potato or mix of mash root veg and potato



## METHOD

Brown onions and mince in a large pot

Stir in grated carrot cook for a few minutes. Stir in porridge oats.

Add stock and cook for 30 minutes checking in case it needs more liquids

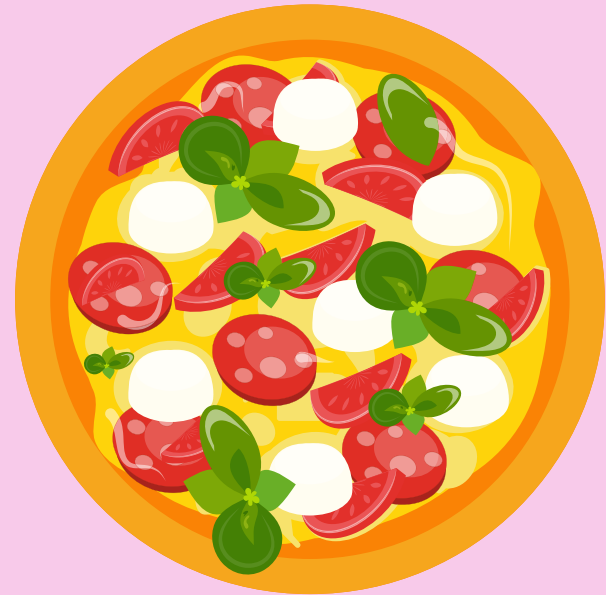
Put mince into a casserole dish and add mash topping and cook in the oven for 20 - 30 mins.



# HOME-MADE PIZZA

## INGREDIENTS

200g plain flour  
100g Warm water  
¼ tsp Salt  
2 tbsp Oil  
4 tbsp tomato puree  
6 Cherry tomatoes  
100g grated cheese



## METHOD

To make the Flatbreads- Put the flour, salt in a bowl and mix. Gradually mix in the water ,bring the mix together with your hand, add the oil & knead to a soft dough- leave to rest for 30 mins. Divide the dough into 2, roll out each until they are 1cm thick and fry in a hot pan for 2 mins each side.

Transfer to an ovenproof tray.

On each flatbread add 2 tbsp of tomato sauce and cheese and tomatoes. Bake for 15 mins at 200° or GM 6.

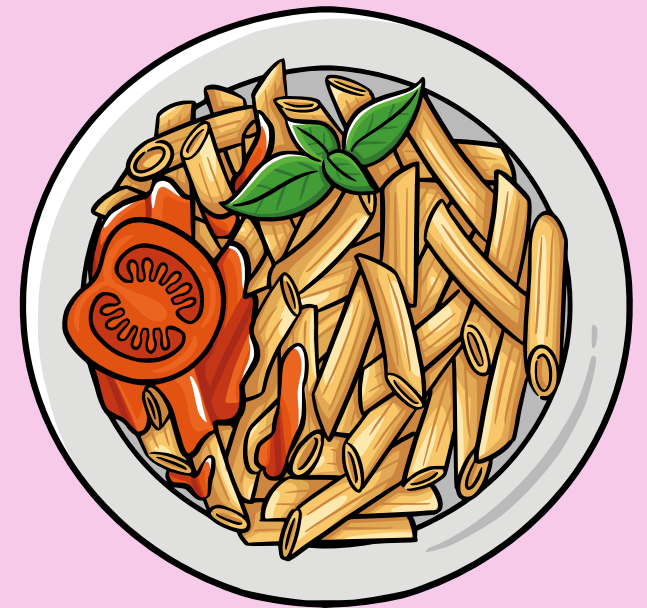




# SARDINE PASTA

## INGREDIENTS

200g pasta  
1 onion, diced  
1 - 2 pinches chilli powder  
100g cherry tomatoes  
1 tin chopped tomatoes  
1 tin of sardines  
1 tbsp basil



## METHOD

Cook your pasta as per the instructions. Heat the oil in a pan. Fry the onion for a few minutes.

Add the tomatoes, tinned tomatoes, sardines and chilli powder and stir to break up the sardines. Cover and simmer for 5 minutes.

Reserve one ladle of water from the pasta cooking water and stir into the sauce. Add the sauce to the drained pasta





# CHICKEN FRIED RICE

## INGREDIENTS

1 tbsp oil

300g cooked and cooled rice

100g leftover cooked chicken

2 tbsp soy sauce

200g frozen mixed veg, defrosted

1 egg beaten

## METHOD

Heat the oil in a wok or large frying pan. Add the rice, tossing it around to break up any clumps. Add the soy sauce, chicken and veg and stirfry for 5 minutes. Push the mix to the side, add in the egg and whisk until almost scrambled then quickly stir through the rice. Mix thoroughly and serve.

