



Kids' meals

Shopping list:

Fresh Ingredients

- 1 pack of pears
- 1 pack of apples
- 1 punnet strawberries
- 1 punnet grapes
- baking potatoes
- 1 x cucumber
- 1 x bag of carrots
- 1 bell pepper
- 1 tub of natural yogurt
- 1 block of cheese
- 1 pack grilled chicken

Ambient Ingredients

- Box Mighty Malties
- 1 bag porridge oats
- 1 pack soren lunchbox loaves
- Mayonnaise
- 1 pack passata
- 1 pack of pasta shapes
- Loaf of wholemeal bread
- 1 tin of beans
- cans of tuna
- 1 can garden peas
- 1 can of sweetcorn
- 1 pack of rice crackers
- 1 can cannellini beans
- 1 box of eggs
- 1 jar of peanut butter with no added salt or sugar

Ideas for every day of the week!



Kids' meals



Remember!

Stay Hydrated

Don't forget to stay hydrated, by serving a glass of water with every meal.

Monday

Breakfast	Porridge Piece of fruit
Snack	Pear and apple sticks to dip in natural yoghurt
Lunch	Cooked passata tossed pasta with tuna, sweetcorn and cucumber

Tuesday

Breakfast	Dippy eggs with soldiers
Snack	Fruit kebabs
Lunch	Baked potato boats with tuna, mayo and sweetcorn dunking dip. Carrot and cucumber sticks



Wednesday

Breakfast	Rainbow fruit pot, layered with colourful fruit and yogurt, toasted oats
Snack	Soreen with grapes
Lunch	Cheesy, peasy pasta tossed with passata, peas and cheese



Thursday

Breakfast	2 slices wholemeal toast with beans
Snack	Piece of fruit
Lunch	Wrap with grated cheese, grated carrot, diced ham, pepper slices, cucumber slices, sweetcorn

Friday

Breakfast	Mighty Malties Piece of fruit
Snack	Rice cracker with peanut butter
Lunch	Baked potato with beans and cheese

