

# MAKING YOUR FREE SCHOOL MEAL ALLOWANCE GO FURTHER AT HOME

## Shopping list ingredients

	£
Sliced wholemeal loaf	0.40
Store branded couscous (500g)	0.70
Jacket Potatoes x 4	0.60
Whole wheat pasta shapes (500g)	0.42
4 whole wheat/white breakfast muffins	0.50
Packet of porridge oats (1kg)	0.75
Store branded tinned sweetcorn in water	0.35
Iceberg lettuce	0.50
Pack of cherry tomatoes (250g)	0.54
Large cucumber	0.45
Store branded bag of apples x 4	0.59
Tinned peaches in juice	0.37
Medium size bananas x 4	0.52
Frozen summer fruit pack (500g)	2.00
Frozen cauliflower and broccoli pack (900g)	1.04
Tinned chopped tomatoes x 2	0.56
Brown onion x 2	0.20
Tube of tomato puree	0.31
Red/yellow pepper	0.42
440g store branded cheddar cheese	1.79
Semi-skimmed milk (2 pints)	0.80
Low fat plain natural yoghurt (400g)	0.45
Baked beans (low salt & sugar)	0.30
Store branded tuna chunks in spring water	0.79
Store branded tinned salmon	1.40
6 free-range eggs	0.75
Low fat turkey mince (250g)	1.58
Kidney beans in chilli sauce (205g)	0.42

Total 19.50

Prices correct June 2020

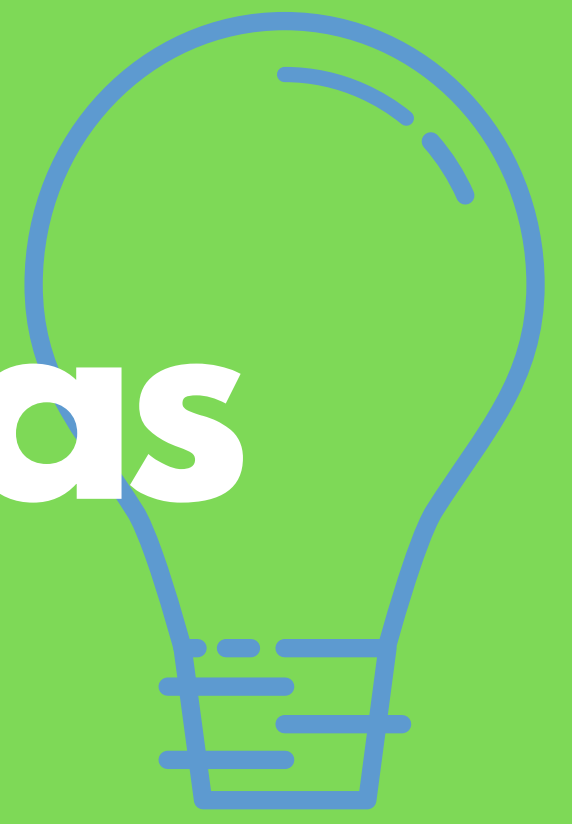
FREE SCHOOL MEAL ALLOWANCE INFORMATION



This information was prepared by BCU Public Health Dietetics and endorsed by:



# Meal ideas



## Breakfast ideas

- Porridge with sliced banana & a glass of milk
- Baked beans & cheese on toast
- Scrambled, poached or boiled eggs on a toasted muffin with sliced tomatoes
- Overnight oats - porridge/yoghurt and sliced peaches

## Lunch & snack ideas

- Jacket potato with tuna & sweetcorn, served with lettuce and cucumber
- Homemade pizza muffins, with sliced pepper, cucumber and tomatoes
- Tuna couscous salad with sliced apples & a glass of milk
- Egg salad sandwich on wholemeal bread & mixed berry and banana smoothie
- Jacket potato with bean chilli, served with yoghurt and cucumber dip
- Homemade broccoli and cauliflower soup & wholemeal bread
- Cheese, tomato and lettuce sandwich & banana slices



## Dinner & dessert ideas

- Homemade salmon fishcakes with potatoes wedges, broccoli & cauliflower
- Cheese, tomato and sweetcorn pasta bake
- Spanish omelette served with wholemeal toast fingers
- Salmon, cucumber, tomato & sweetcorn couscous
- Broccoli & cauliflower mac and cheese
- Turkey bolognese served with pasta or jacket potato
- Peach and apple fruit crumble
- Banana split with mixed berries & yoghurt
- Summer berries & yoghurt ice lollies

