

# 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

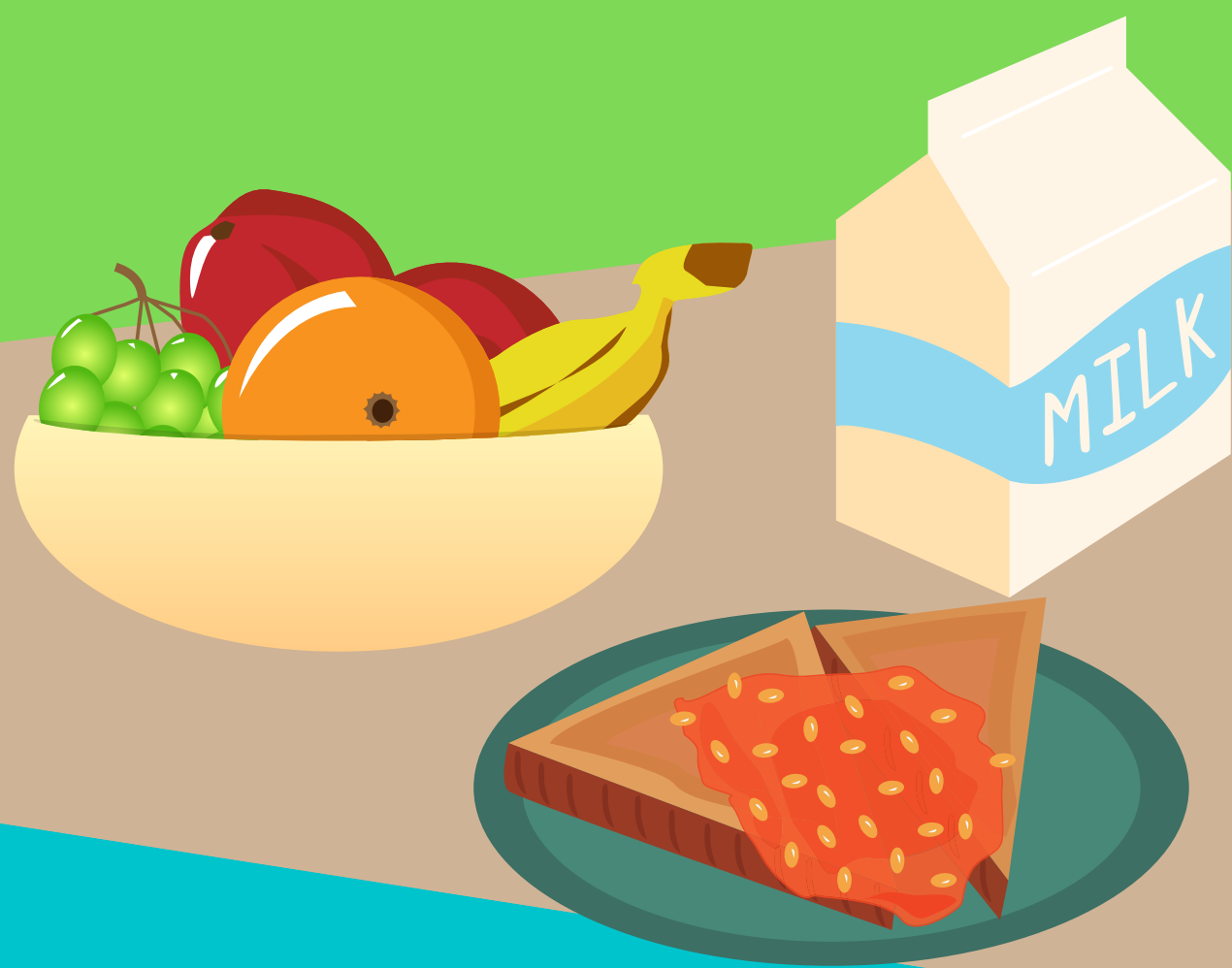
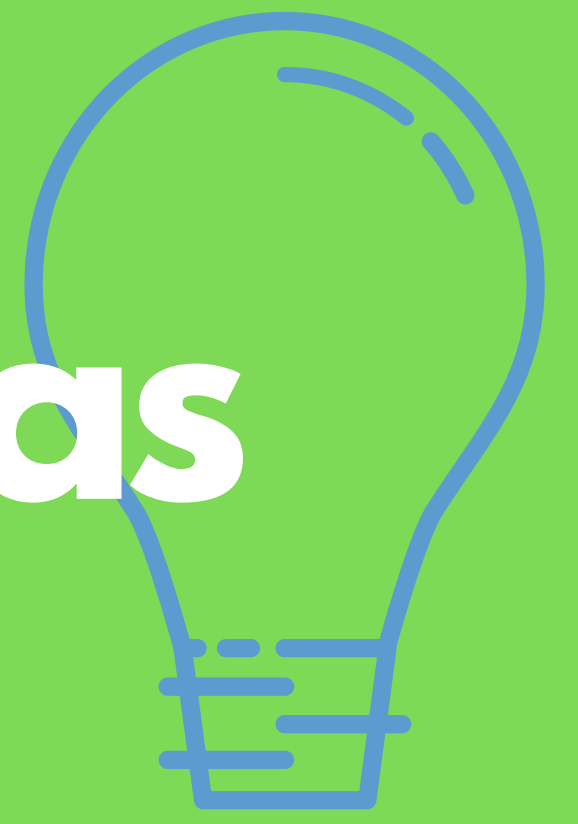
FREE SCHOOL MEAL ALLOWANCE INFORMATION



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

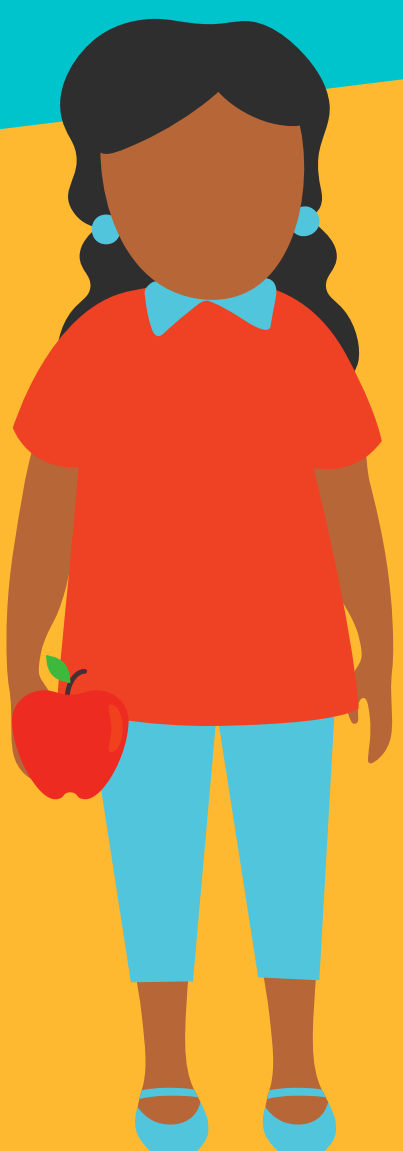
## Lunch & snack ideas

- 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



# Mixed berry & banana smoothie



Serves 2 Preparation time 10 minutes

## Ingredients

- 1 medium banana, chopped
- 200g frozen mixed berries
- 200g plain natural yoghurt

## Method

- Place 200g frozen mixed fruit into a large measuring jug and allow to soften for 5 minutes
- Peel and chop the banana and add to the frozen fruit
- Add the plain natural yoghurt to the measuring jug
- With a hand-held stick blender (or masher) combine all ingredients
- Pour into a glass and enjoy!

Allergen advice  
contains  
milk

# Pizza muffins



Serves 4

Preparation time: 10 minutes

Cooking time: 10-15 minutes

## Ingredients

4 bread muffins, each cut in half

1 teaspoon tomato puree per half muffin

1 tablespoon of grated cheese per half muffin

1 cherry tomato, pepper slice and sweetcorn per half muffin

**Method** preheat oven to 180°C / Gas Mark 4

- Spread the tomato puree over the muffin
- Sprinkle grated cheese over the top
- Arrange toppings over cheese in shapes or faces
- Place on a baking tray and pop in hot oven for 10-15 minutes
- Serve with salad, cucumber and tomatoes

Allergen advice  
contains  
wheat, gluten &  
milk

# Salmon fishcakes



Serves 4-6

Preparation time: 20 minutes

Cooking time: 20 minutes

## Ingredients

2 large baking potatoes, peeled and chopped

1 small tin of salmon drained and mashed

1 teaspoon of mixed herbs (optional)

1/2 onion, finely chopped

50g plain flour

2 egg, beaten

2 slices of bread, lightly toasted and made into breadcrumbs

Allergen advice  
contains  
wheat, gluten,  
fish & eggs

**Method** preheat oven to 200°C / Gas Mark 6

- Boil potatoes for 15 minutes or until soft. Drain, mash and allow to cool
- Combine potatoes with salmon, mixed herbs and chopped onions. Add half the beaten egg
- Shape into 4-6 balls and flatten with palm of hand. Dip each side in flour and coat well
- Dip each cake into the remaining beaten egg, coating each side and then place in breadcrumbs, covering each side
- Place on a floured and greased baking tray and bake for 20 minutes until a golden crispy edge has formed

# Broccoli & cauliflower soup



Serves 4

Preparation time: 20 minutes

Cooking time: 30 minutes

## Ingredients

1 teaspoon vegetable oil

400g frozen cauliflower and broccoli

1 baking potato peeled and chopped

1 onion, peeled and chopped

1 garlic clove, peeled and crushed (optional)

1 low-salt vegetable stock cube, crumbled

600ml boiling water

Mixed herbs and pepper to taste (optional)

Allergen advice  
contains  
celery

## Method

- In a large saucepan heat the oil, add the chopped onion potato & garlic (if using) and cook until softened
- Add the frozen cauliflower and broccoli and combine
- Crumble in the stock cube and add the boiling water.
- Season with the mixed herbs and pepper
- Simmer on a low heat for 30 minutes.
- Mash or use a hand stick blender to make a thicker soup
- Serve with wholemeal bread or bread muffins

# Cauliflower and broccoli mac & cheese



Serves 4-6 plus 2 left over portions  
Preparation time 20 minutes  
Cooking time 10-15 minutes

## Ingredients

300g whole-wheat pasta  
400g frozen cauliflower and broccoli

### For the cheese sauce

30g vegetable margarine  
30g plain flour  
500ml semi skimmed milk  
200g cheddar cheese, grated

**Method** Pre-heat oven to 160°C/Gas Mark 4

- Bring a large saucepan of water to the boil and cook pasta according to packet instructions
- 5 minutes before the pasta is done place the cauliflower and broccoli in the same pan, if you don't have a large enough pan you can cook in separate pans
- While the pasta is cooking make your cheese sauce by first melting margarine in a pan and stirring in the flour. It may clump together but that is ok, whisk in the milk a little at a time until it starts to thicken
- Stir in half the grated cheese
- Drain the pasta, cauliflower and broccoli and place in a large oven proof dish
- Pour over the cheese sauce and combine
- Top with remaining grated cheese and place in oven for 10-15 minutes

Allergen advice  
contains  
gluten, wheat &  
milk

# Tuna couscous salad



Serves 4      Preparation time 15 minutes

## Ingredients

- 300g couscous
- 550ml boiling water
- 1 low salt vegetable stock cube
- 1 can of tuna in spring water, (drained weight 138g) or tinned salmon
- 100g tinned sweetcorn, drained
- 100g cherry tomatoes, halved and quartered
- 1/2 cucumber, diced
- 1 tablespoon of vegetable oil

Allergen advice  
contains  
celery, gluten,  
wheat & fish

## Method

- Place the stock cube in the boiling water, stir until dissolved
- Pour the stock and 1 tablespoon of vegetable oil over the couscous, stir and leave to absorb
- Fluff with a fork when cool
- Drain the tuna and flake, add to the couscous
- Add the tomatoes, sweetcorn, cucumber and combine
- Season with pepper or fresh basil (optional) and serve



# Turkey bolognese



Serves 4      Preparation time 15-20 minutes

## Ingredients

- 250g lean turkey mince
- 1 small onion, peeled and diced
- 1 clove of garlic, peeled and crushed (optional)
- 1 low salt stock cube, crumbled
- 200ml water
- 1 large tin (400g) chopped tomatoes
- 75g porridge oats (optional but a good source of fibre)

## Method

- Dry-fry the mince with the onion and the garlic until the mince is browned
- Crumble the stock cube over the mince and combine
- Add the chopped tomatoes, oats and water and simmer gently for 15-20 minutes until the meat and vegetables are cooked
- Serve the Bolognese with spaghetti or pasta shapes

Allergen advice  
contains  
gluten, wheat  
& celery

# Peach & apple crumble



Serves 4

Preparation time 15-20 minutes

Cooking time 20-30 minutes

## Ingredients

1 large tin of sliced peaches including juice

4 apples, peeled and chopped

150g self-raising flour

75g vegetable margarine

75g porridge oats

**Method** Pre-heat oven to 180°C / Gas Mark 4

- Place fruit including juice in an oven proof dish
- In a mixing bowl rub the flour and margarine together with fingertips gently until they look like breadcrumbs
- Add the porridge oats and combine
- Sprinkle crumble mix evenly over the fruit
- Bake in the oven for 20-30 minutes until top is golden
- Serve with plain natural or greek yoghurt

Allergen advice  
contains  
gluten & wheat

# Mixed berries & yoghurt ice lollies



Makes 6      Preparation time 5-10 minutes

## Ingredients

- 80g frozen mixed berries
- 150g plain natural yoghurt
- 1 teaspoon honey\* (optional)

Allergen advice  
contains  
milk

## Method

- Place the frozen mixed berries in a mixing bowl for 10 minutes to soften slightly
- Mash fruit with a fork then add the plain natural yoghurt, teaspoon of honey\* and combine
- Spoon ingredients into muffin cases, small plastic yoghurt pots or plastic cups and add a paper straw or wooden lolly stick into the centre of the mixture
- Freeze for at least three hours before serving

\*not suitable for children under 1 year of age