Six week meal plans and shopping list for the £15 school meal voucher – An Introduction.

Due to the COVID 19 pandemic and the wonderful work by Marcus Rashford, the school meal vouchers have been extended to cover the 2020 school holidays.

This guide has been put together to help families spend the £15 voucher, it will provide you with ideas and a meal plan.

The guide is designed for one child and one voucher, of course you can increase the shopping to reflect the number of vouchers you have.

Many items are spread over two weeks, for example buying beans on week one to also be used on week two. These items will be highlighted by the following symbol *

There is a recipe at the bottom of this guide but more recipes can be found at https://www.sthelens.gov.uk/business/community-healthy-businesses/recipes/

There is blank meal plan and shopping list at the end of this guide.

Wishing you a safe and happy summer holidays.

Teresa
Community and Business Health Promotions Officer.

Designed by Teresa Mercer. Community and Business Health Promotions Officer for St Helens Borough Council.
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# Week one

**Breakfast – Toast / cereal with milk**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
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**Shopping list**
- 500g cheese*
- rice snaps*
- carrots
- cucumber
- milk
- apples
- bread
- 3 cartons of orange juice
- 3 cartons of apple juice
- 6 fromage frais
- reduced salt beans 4 pack*
- 12 eggs*
- 12 pack of potato waffles

# Week two

**Breakfast – Toast / cereal with milk**

Cereal* from week one.

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<tbody>
<tr>
<td>Bake potato and beans*. Carton of</td>
<td>Cheese* on toast.</td>
<td>Tuna mayo baked potato.</td>
<td>♦ Wedges and beans*. Carton of</td>
<td>Fish finger sandwiches.</td>
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<td>juice.</td>
<td>Carton of juice.</td>
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**Shopping list**
- carrots
- milk
- pears
- bread
- 3 cartons of orange juice & 3 cartons of apple juice
- 6 fromage frais
- tuna
- 12 fish fingers
- mayo
- ham
- 4 pack baking potatoes
- mince beef
- pasta sauce
- pasta
### Week Three

**Breakfast – Toast / cereal with milk**

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**Shopping list**
- 500g cheese*
- multigrain hoops*
- butter
- carrots & cucumber
- 4 pack baking potatoes
- milk
- bananas
- bread & wraps
- 3 cartons of orange juice & 3 cartons of apple juice
- 6 fromage frais

### Week Four

**Breakfast – Toast / cereal with milk**

**Cereal** from week three

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**Shopping list**
- carrots & cucumber
- milk
- apples
- bread
- 3 cartons of orange juice & 3 cartons of apple juice
- 6 fromage frais
- noodles
- hotdogs
- hotdog buns
- bread
- pasta sauce
- Pasta
**Week five**

**Breakfast – Toast / cereal with milk**

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**Shopping List**

- 500g cheese*
- wheat biskis*
- butter
- carrots & cucumber
- milk
- pears
- bread
- 3 cartons of orange juice
- 3 cartons of apple juice
- 6 fromage frais
- reduced salt beans 4 pack*
- 12 fish fingers*
- 4 pack baking potatoes
- tuna

**Week six**

**Breakfast – Toast / cereal with milk**

**Cereal from week five**

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<tbody>
<tr>
<td>Potato waffles and eggs.</td>
<td>Ham and cheese* omelette.</td>
<td>Potato waffles with cheese* and beans.</td>
<td>Poached egg on toast.</td>
<td>Fish finger* sandwiches.</td>
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<tr>
<td>Carton of juice.</td>
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**Shopping list**

- Carrots & cucumber
- milk
- bananas
- bread
- 3 cartons of orange juice
- 3 cartons of apple juice
- 6 fromage frais
- 12 pack of potato waffles
- Eggs*
- 400g ham
- mince beef
- pasta sauce
- pasta
Notes:

All shopping list are approximately £15 or less.

We are unable to provide accurate prices due to fluctuations and deals in supermarkets.

Prices based on Asda prices June 2020.

Week two, week four and week six: Mince, pasta sauce and pasta are on the list these allow for extra food to be purchased.

Hints and tips:

Cutting carrots / cucumber / apples / pears makes it easier for children to eat.

Remember that if you do not eat meat that items can be substituted.

Be aware of allergens, they are highlighted in bold in the ingredients list.

If you would like more help and information regarding healthy eating, physical activity and wellbeing please see the St Helens Wellbeing service and their website is [www.sthelenswellbeing.org.uk](http://www.sthelenswellbeing.org.uk)

◊ Potato wedges

Ingredients

- 4 large potatoes
- 1 x spoon oil
- Mixed herbs

Method

- Preheat the oven to 200°C or gas mark 6. Place the baking tray in the oven.
- Peel the potatoes and cut into large chunks (8 per potato).
- Place the potatoes in the mixing bowl, pour the oil over and sprinkle on the herbs.
  - Mix the potatoes with the oil and herbs.
  - Remove the baking tray from the oven.
- Carefully place the potatoes on the tray, and place back in the oven.
- Bake for 45-50 minutes, turning them over after 25 minutes, until golden.

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Blank meal plan

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Shopping list