

**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

| <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  |
|--|--|---|--|--|
| Eggs and soldiers.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Cheese sandwich.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Beans on toast.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Cheese omelette.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Potato waffles and eggs.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. |

**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.

| <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   |
|---|---|---|--|---|
| Bake potato and beans*.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Cheese* on toast.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Tuna mayo baked potato.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | ◇ Wedges and beans*.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Fish finger sandwiches.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. |

**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

| <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  |
|---|--|---|---|--|
| Cheese wraps.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Fish finger* sandwich.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Beans* on toast.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais | Cheesy bean* wraps<br>Carton of juice<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Baked potato with tuna mayo.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. |

#### 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

| <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>  |
|---|--|--|--|--|
| Hotdog noodles.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Hotdogs on buns.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Cheese* rolls (hotdog buns).<br>Carton of juice.<br>Carton of fruit.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Fish finger* sandwiches.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Beans* on toast.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. |

#### Shopping list

- carrots & cucumber
- milk
- apples
- bread
- 3 cartons of orange juice & 3 cartons of apple juice
- 6 fromage frais
- noodles
- hotdogs
- hotdog buns
- mince beef
- pasta sauce
- Pasta

### Week five

Breakfast – Toast / cereal with milk

| <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>   |
|---|--|--|--|---|
| Fish finger sandwiches.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Baked potato with beans.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Cheese toasty.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Baked potato with tuna mayo.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Wedges and beans.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. |

#### Shopping List

- 500g cheese\*
- wheat bisks\*
- 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

| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>  |
|--|---|--|---|--|
| Potato waffles and eggs.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Ham and cheese* omelette.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Potato waffles with cheese* and beans.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Poached egg on toast.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. | Fish finger* sandwiches.<br>Carton of juice.<br>Piece of fruit.<br>Vegetables.<br>Fromage frais. |

#### 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

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|---------------|----------------|------------------|-----------------|---------------|
|               |                |                  |                 |               |

Shopping list

Blank meal plan

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|---------------|----------------|------------------|-----------------|---------------|
|               |                |                  |                 |               |

Shopping list