Family Meal Ideas

A booklet created for Croydon families, providing breakfast, lunch, dinner and no-cook meal ideas, as well as recipes and tips for keeping food costs down. Find the handy ‘meal planner template’ at the back.
**Breakfast Meal Ideas**

Try to vary breakfast across the week to give your family different nutrients, vitamins and minerals each day.

<table>
<thead>
<tr>
<th>Breakfast Ideas</th>
<th>Ingredients</th>
<th>Instructions/Ideas</th>
<th>Cost per person</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Porridge with fruit</strong></td>
<td>Porridge oats, milk, raisins/</td>
<td>Add oats to pan and cover just over the top with milk. Heat and stir until soft.</td>
<td>15p - 40p</td>
</tr>
<tr>
<td></td>
<td>sultanas/apricots.</td>
<td>Add fruit.</td>
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<tr>
<td><strong>Overnight fruity oats</strong></td>
<td>Porridge oats, natural or Greek</td>
<td>Add 1cm layer of oats to the bottom of a Tupperware, cover with 2cm layer of</td>
<td>80p</td>
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<tr>
<td></td>
<td>yoghurt, frozen berries.</td>
<td>yoghurt and sprinkle frozen berries over top. Seal and place in fridge overnight.</td>
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<tr>
<td></td>
<td></td>
<td>Ready in the morning.</td>
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</tr>
<tr>
<td><strong>Cereal</strong></td>
<td>Corn flakes, rice krispies, shredded</td>
<td>The 5 cereals listed are the low sugar options. Take care with hidden sugars in</td>
<td>20-30p</td>
</tr>
<tr>
<td></td>
<td>wheat or Weetabix, milk or natural</td>
<td>many others. Jazz up your cereal with dried, chopped or tinned fruit.</td>
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</tr>
<tr>
<td></td>
<td>yoghurt.</td>
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<td></td>
</tr>
<tr>
<td><strong>On toast</strong></td>
<td>1. Grated cheese and tomatoes</td>
<td>Toast the bread lightly then add sliced tomatoes and sprinkle cheese on top. Place</td>
<td>40p</td>
</tr>
<tr>
<td>Top your toast, bagel or</td>
<td></td>
<td>under grill to melt.</td>
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</tr>
<tr>
<td>crumpet with a range of</td>
<td>2.Baked beans and mushrooms</td>
<td>Toast bread. Chop mushrooms and fry in a splash of oil. Add beans, heat, then</td>
<td>30p</td>
</tr>
<tr>
<td>toppings to add variety</td>
<td></td>
<td>pour on toast.</td>
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</tr>
<tr>
<td>and nutrients.</td>
<td>3. Mushrooms, cream cheese and</td>
<td>Chop handful of mushrooms and fry lightly in a pan until soft. Add 1 tsp. of</td>
<td>30p</td>
</tr>
<tr>
<td></td>
<td>black pepper</td>
<td>cream cheese, stir and heat for 3 mins. Add pepper.</td>
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</tbody>
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**Breakfast Recipe - Create your own Omelette**

**VEGETARIAN**

Serves: 2-4 (for breakfast)
Prep time: 5 minutes
Cooking time: 10 minutes
Approx. cost per portion: 30p

**Ingredients:**
- 2 medium eggs
- A splash of milk
- Black pepper
- Spray sunflower oil

**Method**

1. Spray the frying pan with oil and heat on medium.
2. Break the eggs into the bowl, add a splash of milk, a shake of pepper and mix.
3. Now add the vegetables of your choice to the bowl and mix (see box on right).
4. Pour the mix into the pan.
5. Allow the mix to heat and start to set (about 5 minutes).
6. As it sets and browns on the bottom, flip it over to cook the other side.
7. Allow the second side to brown (about 5 minutes).
8. Once cooked, serve with toast.

**You will need:**
- Chopping board and knife
- Grater
- Spatula/fish slice
- Jug or bowl for mixing
- Whisk or fork
- Medium frying pan

‘Create your own’ filling ideas:
- Omelette 1 - add:
  - ½ courgette grated
  - ¼ small onion finely chopped
  - Tbsp. chopped coriander

- Omelette 2 - add:
  - Tbsp. grated cheese
  - Sweetcorn (tinned or frozen)
### Lunch or Dinner Meal Ideas

Vary lunch and dinner choices as much as possible and try to include starchy food at each meal (rice, pasta, potatoes, breads), lots of vegetables, salad or fruit and some protein (beans, eggs, meat, fish or pulses). See pg. 7 for no-cook ideas.

<table>
<thead>
<tr>
<th>Lunch and Dinner Ideas</th>
<th>Cost per person</th>
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<tbody>
<tr>
<td><strong>Dish</strong></td>
<td><strong>Ingredients</strong></td>
</tr>
<tr>
<td><strong>Toasted tortillas</strong></td>
<td>Try different fillings such as chicken and pesto, mushroom and mozzarella or spinach, mushroom, cheddar.</td>
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<tr>
<td><strong>Stir Fried Noodles</strong></td>
<td>Dry egg noodles, low-salt soy sauce, your choice or vegetables, chicken or fish.</td>
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<tr>
<td><strong>Pasta mixes</strong></td>
<td>1. Reduced fat mayonnaise, grated cheese and sweetcorn</td>
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<tr>
<td></td>
<td>2. Baked macaroni cheese</td>
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<tr>
<td></td>
<td>3. Tomato sauce</td>
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</tbody>
</table>

### Toasted Tortilla (Quesadillas) Recipe

**VEGETARIAN OR VEGAN** (if using alternative cheese)

**Serves:** 4  
**Preparation time:** 10 minutes  
**Cooking time:** 5 minutes  
**Approx. cost per portion:** 30p

**Ingredients**

- 4 soft flour tortilla wraps  
- 1/2 chilli finely chopped or 1/4 tsp. chilli flakes  
- 100g grated cheese (can be substituted for vegan cheese)  
- 2 spring onions, finely chopped  
- Coriander leaves chopped  
- Spray sunflower oil

**Method**

1. Preheat a frying pan over medium-high heat.  
2. Sprinkle the grated cheese, spring onions and chillies over half of each tortilla then scatter over a handful of coriander.  
3. Carefully fold the tortilla in half to cover the toppings.  
4. Spray the outside of the tortillas with a little oil and put them in the hot pan for 2 minutes on each side, one at a time.  
5. Transfer to a board or plate and cut into 3 triangles to serve.

**You will need:**  
Chopping board and knife  
Grater  
Large grill pan or frying pan
Lunch or Dinner Meal Ideas

Pasta meals are often popular with children. Try whole-wheat pasta for extra fibre and remember to add lots of vegetables, and some beans, fish or meat, if you can.

### Baked Macaroni Cheese Recipe

| Serves: 4 |
| Cooking time: 35 minutes |
| Preparation time: 15 minutes |
| Approx. cost per portion: 80p-£1 |

**Ingredients**
- 300g macaroni pasta
- 50g low-fat spread
- 1 small onion finely chopped
- 50g plain flour
- 600ml semi-skimmed milk
- 100g reduced fat mature Cheddar cheese grated
- 1 tsp English mustard, 1 pinch black pepper
- 2 tomatoes sliced

**Method**
1. Preheat the oven to 190°/fan 170°C/gas mark 5.
2. Cook the macaroni in a pan of boiling water for 8-10 mins and drain.
3. In a separate large pan, melt the spread and cook the onion for 3-4 minutes, until soft.
4. Remove pan from heat and stir in the flour, return to heat and cook for about 1 minute, stirring, until the mixture is like sand.
5. Remove from heat again and add the milk, a bit at a time, stirring well.
6. Return to heat again, stirring all the time, until the sauce is thick and smooth, then add 70g of the cheese, all the mustard and black pepper.
7. Add the cooked pasta to pan mix, stir through, then pour the whole mix into a large baking dish. Top with the sliced tomatoes and sprinkle on the left-over cheese. Bake for 20 minutes, until piping hot, then serve.

Try adding small pieces of chopped cauliflower after step 6.

**You will need:**
- Chopping board and knife
- Large bowl
- Mixing spoon
- Large pan
- Medium pan

### Easy Tomato Pasta Sauce Recipe

| Serves: 4 |
| Preparation time: 10-15 minutes |
| Cooking time: 40 minutes |
| Cost per portion: 15p |

**Ingredients**
- 1 tbsp sunflower oil
- 1 medium onion, chopped
- 2 cloves of fresh or frozen garlic, chopped
- 2 large fresh tomatoes, chopped
- 400g tin of chopped tomatoes
- 1 tbsp tomato purée
- 1 tbsp dried mixed herbs
- A few leaves of fresh basil (optional)
- A pinch of sugar and salt (if necessary)

**Method**
1. Heat the oil in a pan then add chopped onion and garlic and stir until the onions start to go brown.
2. Stir in the fresh and canned tomatoes and keep on a low heat.
3. Add in the tomato puree and mixed herbs.
4. Stir and leave to simmer for 10 minutes.
5. Taste and add sugar and salt if required. Serve with cooked pasta.

**You will need:**
- Medium pan
- Wooden spoon
- Chopping board and knife
- Tablespoon
- Colander
Lunch or Dinner Meal Ideas
One-pan/tray meals can be quick and easy to prepare and are a good way to get different nutrients into a dish.

**Baked Bean and Veggie Sausage Hotpot Recipe**

Serves: 4 adults
Preparation time: 10 minutes
Cooking time: 20 minutes
Approx. cost per portion: £1

**Ingredients**
- 1 tablespoon vegetable oil
- 1 small onion, peeled and diced
- 1 teaspoon garlic paste or frozen/fresh chopped garlic
- 1 large potato, washed and cut into small cubes
- 3 carrots, peeled and diced
- 4 vegan/vegetarian sausages, each cut into 4 pieces
- 1 large tin (400g) chopped tomatoes
- 1 large tin (400g) reduced-salt/sugar baked beans
- 200g frozen peas
- 350ml water

**Method**
1. Heat the oil in a large pan and fry the onion and garlic until the onion starts to soften.
2. Add the sausage pieces to the pan for a few minutes, to brown.
3. Add all other ingredients to the pan and stir well.
4. Bring to the boil and simmer gently for about 15 minutes, until the vegetables are cooked.

**End of the Week Tray Bake Recipe**

Serves: 4
Preparation time: 10-15 minutes
Cooking time: 1hr
Cost per portion: 40p+

**Ingredients**
- 1 tbsp sunflower oil
- 2 tsp. oregano
- 2 tsp. chopped garlic/frozen garlic
- 1 large tin (400g) chopped tomatoes
- 1 tbsp. tomato ketchup
- Black pepper
- Any vegetables, chopped into chunks
- Large tin (400g) of kidney beans (or any other beans)

**Method**
1. Preheat oven to 200°C/fan 180°C/gas mark 6
2. Add the sunflower oil to a large baking tin.
3. Add in the garlic, oregano and black pepper and mix.
4. Now add in any chosen hard vegetables, chopped into chunks. This works well with potatoes, cauliflower, carrots, onions. Mix in the oil.
5. Cook for 30 minutes. Now add any softer vegetables such as courgette and peppers and cook for a further 10 minutes.
6. Add the tinned tomatoes, ketchup and beans and stir.
7. Cook for another 20 minutes and serve.

This dish also works well with uncooked chunks of any fish added at step 6, e.g. pollock or basa.
Lunch or Dinner Meal Ideas

Fish and meat are a good source of protein with your main meals. Alternatives to meat include, beans, lentils, chickpeas, egg, tofu and the many different vegetarian or vegan alternatives on the market.

**Jerk Style Skewers Recipe**  
MEAT DISH

Serves: 4  
Preparation time: 20 minutes  
Cooking time: 10 minutes  
Approx. cost per portion: 80p

**Ingredients**
1 clove garlic, crushed or 1 tsp. frozen garlic  
1 tbsp. lemon juice  
1 tbsp. sunflower/olive oil  
1 ½ tsp. jerk seasoning  
2 skinless, boneless chicken breasts, cut into 12 large chunks  
1 red pepper, cut into 16 chunks  
1 onion, quartered and separated to give 16 pieces

**Method**
1. Soak 4 wooden skewers in water for about 30 minutes.  
2. Mix the garlic, lemon juice, jerk seasoning and oil in a large bowl.  
3. Stir in the chicken chunks and leave to stand for 5-10 minutes.  
4. Create your skewers by threading a piece of pepper onto a skewer, then onion, then chicken. Repeat 3-4 times.  
5. Grill for 10-12 minutes, turning frequently or BBQ.

Lots of different vegetables can be used instead of the above.

**Tuna Patties Recipe**  
FISH DISH

Serves: 4  
Preparation time: 20 minutes  
Cooking time: 25 minutes  
Approx. cost per portion: 75p

**Ingredients**
2 cans of tuna, drained  
2 carrots grated  
1 small onion finely chopped  
100g white/wholemeal breadcrumbs**  
1 egg beaten  
50g reduced fat cheddar cheese grated  
1 tbsp. fresh or dry parsley  
1 pinch black pepper  
Oil spray

**Method**
1. Preheat the oven to 200˚C/fan 180˚C/gas mark 6 and spray a large baking tray with oil.  
2. Put the tuna in a large bowl. Add the carrots, onions, breadcrumbs, egg, cheese, parsley, black pepper and mix.  
3. Shape mixture into 6 burger shapes and place on baking tray.  
5. Serve with salad or in warm pitta breads.

**You can make breadcrumbs by leaving bread rolls out over night. Then grate them the next day.**
No Cook Meal Ideas

If you are looking for meals that require no cooking, try some of these ideas with your family. Try to include as much variety as possible.

<table>
<thead>
<tr>
<th>Dish</th>
<th>Ingredients</th>
<th>Instructions/Ideas</th>
<th>Cost per person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wraps</td>
<td>Wraps can be filled with many fillings and are quick and easy.</td>
<td>See page 8 for bean burritos recipe.</td>
<td>20p+</td>
</tr>
<tr>
<td>Couscous (needs a kettle)</td>
<td>Couscous, boiling water, stock cube. Different toppings.</td>
<td>Add stock cube to boiling water (as per instruction) and stir. Add couscous (see packaging), cover and stand for 5 minutes. Add a range of vegetables or salad. Recipe provided on right for carrot couscous.</td>
<td>20p+</td>
</tr>
<tr>
<td>Tinned potato salad</td>
<td>1 tin potatoes, mayonnaise, mustard, tuna, 1/2 cup sweetcorn, cucumber chunks, black pepper.</td>
<td>Add 1 tbsp. of mayonnaise and a small squeeze of mustard to a bowl and mix. Add in chopped potatoes, drained tuna, sweetcorn, cucumber and black pepper. Mix.</td>
<td>80p</td>
</tr>
<tr>
<td>Filled pitta breads</td>
<td>Pitta breads, natural yoghurt, your choice of fillings.</td>
<td>Toast lightly and then slice open one side. Spread yoghurt inside and then fill with fillings of your choice.</td>
<td>25p+</td>
</tr>
</tbody>
</table>

**Carrot Couscous Recipe**

**VEGETARIAN**

Serves: 4  
Prep time: 10 minutes  
Cooking time: 5 minutes  
Approx. cost per portion: 20p

**Ingredients:**
- 1 reduced-salt vegetable stock cube
- 200ml boiling water
- 150g couscous
- 2 carrots
- 50g raisins
- 1 orange

**Method**
1. Add 200ml boiling water to the measuring jug, crumble in the stock cube and stir to dissolve.
2. Put the couscous in a bowl, cover with the stock water and leave to soak. (It will say on the packet how long to soak for).
3. Wash, top and tail, then grate the carrots.
4. Add the grated carrot and raisins to the couscous. Stir well.
5. Halve the orange and squeeze out the juice. Stir the orange juice into the couscous.
6. Serve or keep in the fridge for up to 3 days.

**You will need:**
- Weighing scales
- Kettle
- Mixing bowl
- Measuring jug
- Sharp knife
- Chopping board
- Peeler
- Grater
- Clingfilm
**Bean Burritos Recipe**  
**VEGETARIAN**

Makes: 8 burritos  
Preparation time: 20 minutes  
Cooking time: 1-2 minutes  
Approx. cost per portion: 35p

**Ingredients**  
4 large tomatoes, chopped  
4 spring onions, chopped  
2 peppers, chopped  
2 tbsp. chopped fresh coriander  
1 tin (400g) kidney or pinto beans, rinsed  
1/2 tsp. chili powder and 1 tsp. cumin  
2 handfuls low fat grated cheddar cheese  
8 tortilla wraps

**Method**  
1. Mash beans with chili powder and cumin in a large bowl, with a fork or potato masher until almost smooth.  
2. Add the chopped tomatoes, spring onions, peppers, coriander and cheese, stirring until all is combined.  
3. Share out the filling, spreading along the bottom part of each tortilla wrap.  
4. Roll each tortilla wrap snugly, tucking in the ends and then rolling tightly.  
5. Eat or wrap in foil and freeze for up to 3 months.

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**Mackerel Pate Recipe**  
**FISH DISH**

Serves: 4  
Preparation time: 10 minutes  
Cooking time: no cooking  
Approx. cost per portion: 80p

**Ingredients**  
200g (1 small packet) smoked mackerel  
125g low-fat cream cheese  
Juice of half a lemon or jiffy lemon juice  
Ground black pepper

**Method**  
1. Open the packet of smoked mackerel, and separate the fish into flakes in a mixing bowl – remove any skin or bones.  
2. Use a fork to finely mash the fish.  
3. Add the cream cheese to the fish and mash into a paste.  
4. Slice the lemon in half and squeeze the juice into the pâté (or squeeze in the jiffy lemon juice), add a few shakes of black pepper and stir well.  
5. Serve with toast triangles, pitta slices, sliced carrots, cucumber sticks or sliced peppers.
Home-made dips are good recipes for involving younger children in cooking.

**Homemade Tortillas and Guacamole Dip Recipe**

**VEGAN**

Serves: 4 as a snack  
Preparation time: 15 minutes  
Cooking time: 5 minutes  
Approx. cost per portion: 40p

**Ingredients**
- Spray oil  
- 2 ready-made flour tortillas  
- 2 cloves garlic, chopped  
- ½ tsp dried chilli flakes  
- ½ tsp lemon juice  
- 1 ripe avocado  
- 2 tomatoes chopped into small pieces  
- 2 tablespoons of chopped fresh coriander  
- Freshly ground black pepper

**Method**
1. Preheat the oven to 200°C/fan 180°C/gas mark 6.  
2. Spray both sides of the flour tortillas, lightly with oil.  
3. Using scissors, cut each tortilla across the middle, into 8 triangles.  
4. Place the tortillas on an oven tray and bake in the oven for five minutes, or until the tortilla chips are crisp.  
5. Place the garlic, chilli flakes, lemon juice and avocado in a bowl and mash using a potato masher, then season with black pepper and mix until smooth.  
6. Mix in the chopped tomatoes and coriander and serve with your home-made tortilla chips.

*Replace the tortillas for sliced pitta bread, for a no-cook recipe.*

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**Tips for keeping food costs down and reducing waste**

- Plan all meals in advance, to minimise waste. Try the weekly meal planner on page 11.
- Buy tinned or frozen fruit and vegetables as these can be cheaper and keep longer.
- Buy supermarket/value branded produce, where possible.
- Batch cook and freeze dishes for another day.
- Buy some fresh herbs and then freeze in a Tupperware. Cut off chunks and add them to dishes, as and when you need them.
- Bulk out dishes with beans, lentils or chickpeas and reduce meat content.
- Cook an end of the week tray bake with any left over veg and fridge foods (see page 5).
# Pudding Recipe Ideas

## Muffin Recipe

### Vegetarian

<table>
<thead>
<tr>
<th>Makes: 7-9 muffins</th>
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<tbody>
<tr>
<td>Preparation time: 5 minutes</td>
</tr>
<tr>
<td>Cooking time: 15-18 minutes</td>
</tr>
<tr>
<td>Approx. cost per portion: 25p+</td>
</tr>
</tbody>
</table>

### Ingredients

- 90g low fat sunflower spread
- 85g caster sugar
- 2 eggs
- 110g self-raising flour (can be made without this)

### Method

1. Preheat oven to 200°C/fan 180°C/gas mark 6.
2. In a bowl, mix together spread and sugar until creamy.
3. Add in eggs, flour and baking powder and mix.
4. Add additional flavours/fillings, if required - see below**
5. Place muffin cases into muffin tray and spoon the mix into cases.
6. Bake in oven for approx. 15-18 mins, until slightly golden and springing back when you press the tops.

**Flavour your muffins with some of the following ideas:

- Idea 1 - Add handful blueberries (will need an extra 3-5 mins cooking time).
- Idea 2 - Add 25g cocoa powder (also reduce flour by 15g).
- Idea 3 - Add zest of 1 lemon (grated lemon skin).

You will need:

- Muffin tray
- Muffin cases
- Large bowl
- Mixing spoon

## Jelly Fruits Recipe

### Serves: 6

### Approx. cost per portion: 15p+

### Ingredients

- Your favourite chopped fruit
- Sugar-free jelly (veg/vegan can be bought)
- Boiling water

### Method

1. Add fruit to your jelly moulds or glasses.
2. In a jug, mix boiling water with jelly (see packet) and stir until dissolved.
3. Let the jelly cool slightly then pour over fruit in each mould.
4. Set in fridge overnight then tip out and eat.

You will need:

- Jelly moulds or a few small glasses
- Chopping board, knife
- Large jug and kettle

## Fruit Crumble Recipe

### Serves: 6 people

### Prep: 15 mins, cook: 20-25 mins.

### Approx. cost per portion: 35p

### Ingredients

- 400g tin peach slices in fruit juice
- 400g tin pineapple chunks in fruit juice
- 100g of plain flour
- 25g porridge oats
- 40g sunflower margarine
- 20g caster sugar

### Method

1. Preheat oven to 200°C/fan 180°C/gas mark 6.
2. Drain tinned peaches and pineapples and place in large oven-proof dish.
3. In a mixing bowl, rub flour and margarine together until like breadcrumbs.
4. Add sugar and porridge oats into bowl and mix.
5. Spoon the mixture over the fruit and level it out.

You will need:

- Medium oven-proof dish (20cm diameter)
- Large mixing bowl
- Mixing spoon
<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Breakfast</td>
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Use this planner each week to help save time, money and food waste.

For more tips and recipes visit [https://www.nhs.uk/live-well/eat-well/](https://www.nhs.uk/live-well/eat-well/) or [www.nhs.uk-change4life-recipes](http://www.nhs.uk/change4life/recipes)