SHOPPING LIST WITH £15

using free school meal voucher

Meal ideas
Breakfast: porridge and juice
Lunch: Egg, cheese or sardine sandwiches and salad and banana
Dinner:
Pasta with tomato sauce (2 nights one with chicken, one with cheese)
Baked beans and potato with peas (2 nights)
Chicken and potatoes with carrots (2 nights)
Omelette with wedges and veg

Porridge oats 1kg - 75p
4 pints milk - £1.10
1 litre carton orange juice - 65p
6 free range eggs - £1.05
Tinned sardines - 40p
220g cheddar cheese - £1.55
Loaf of wholemeal bread - 59p
Margarine - 85p
6 tomatoes - 75p
Mixed peppers - £1.02
1 onion - 10p
1 bulb garlic - 16p
Tin tomatoes - 28p
Tin baked beans - 30p
500g frozen boneless chicken thighs - £2.50
Frozen peas - 61p
1kg potatoes - 75p
500g pasta - 55p
3 carrots - 15p
Bag of bananas - 89p

*prices via Tesco on 31/3/2020

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Porter Nutrition
Healthy eating as part of normal life