

# 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

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Porter Nutrition

*Healthy eating as part of normal life*

\*prices via Tesco on 31/3/2020