

## Two Week Student Meal Plan

Week One				
	Breakfast	Lunch	Dinner	Tips
Monday	<b>Cereals with fresh fruit /nuts and yoghurt</b>	<b>Cold meat baguette</b> Serve with a mixed salad. Use leftover cold meat from a Sunday roast if possible.	<b>Tuna pasta bake</b>  <a href="#">Tuna pasta bake recipe</a>  Serve with steamed green beans or broccoli.	Freeze your bread or rolls (remember to slice the bread first) and defrost what you need each day so that it remains fresh.  Freeze any leftover tuna pasta bake as a ready meal to use on another day. Cool within 2 hours then chill. If using fresh eat within two days or freeze.
Tuesday	<b>Porridge</b> Top with fruit/nuts/seeds as preferred.	<b>Egg-salad sandwich</b>	<b>Beanie onion stew</b>  <a href="#">Stew recipe</a>  You can add any vegetables to this recipe such as frozen peas, peppers, or tomatoes.  <b>Save a small portion of the stew to have for Thursday's lunch. Keep in an airtight container in the fridge.</b>	A whole lettuce will usually stay fresher longer than a bag of salad leaves.  Remove any leftover tinned food from the tin and store in an airtight container in the fridge.  Keep a supply of frozen vegetables to ensure you always have nutritious veg available.
Wednesday	<b>Fruit juice and pancakes</b> with sweet or savoury toppings depending on what you have available. They are a great way of using up milk and eggs.  <a href="#">Pancake recipe</a>	<b>Houmous with crackers, rye bread or bread sticks and a selection of vegetable crudities</b> e.g. carrots, peppers, celery.	<b>Golden Shepherd's Pie</b>  <a href="#">Shepherd's pie recipe</a>  Cheese is optional. Sprinkle over with a few herbs mixed with bread crumbs for a crunchy topping.  Serve with green vegetables  You can substitute the carrots with any root veg to use with the mashed potatoes.	Shepherd's Pie is a great recipe for freezing. Wrap up well, label and freeze for up to 3 months. Defrost thoroughly, and then cook as instructed in the recipe.  <b>Use one frozen Shepherd's Pie portions for next week.</b>  <b>Make extra mashed potatoes and carrots to use in tomorrow's menu. Leave to cool and then store in an airtight container in the fridge.</b>  When buying a block of cheese you can grate the whole lot and freeze any that will not be used. You can use it directly from frozen in recipes.

<b>Thursday</b>	<b>Toast and a homemade smoothie</b> <a href="#">Smoothie recipe</a> You can substitute with any fruit available.	<b>Beanie Onion Stew</b> Serve with bread. Use the portion that you have stored in the fridge on Tuesday. Heat up thoroughly.	<b>Bubble and Squeak</b> <a href="#">Bubble and squeak recipe</a> Serve with green vegetables.	You can freeze yoghurt for desert or use it in cakes and puddings, or as a marinade. For more ideas see: <a href="#">Storage and freezer tips</a> These bubble and squeak cakes freeze brilliantly so if you don't manage to eat them all you can enjoy them another day; simply freeze them at the end of step 4.
<b>Friday</b>	<b>Cereals, fresh fruit and yoghurt</b>	<b>Cold meat in a pitta bread or wrap</b> Serve with salad	<b>Chilli Con Carne</b> <a href="#">Chilli con carne recipe</a> Serve with vegetables or salad.	This recipe works just as well with a veggie substitute such as aubergines and also freezes well. <b>Freeze one portion in an airtight container for a meal next week.</b>
<b>Saturday</b>	<b>Porridge topped with fruit/seeds or nuts as preferred</b>	<b>Mushrooms or tomatoes on toast</b>	<b>Macaroni</b> <a href="#">Macaroni recipe</a> Serve with vegetables or salad	Leftover pasta can be stored in the fridge for up to two days in an airtight container. An average portion of pasta is 100g per person – that's about a mugful.
<b>Sunday</b>	<b>Eggy Bread.</b> Great way of using up bread. Beat up an egg with a dash of milk and dip the bread in to the mix. Fry on each side in a small amount of oil until golden brown.	<b>Tinned or fresh sardines with salad</b>	<b>Sunday Roast Chicken</b> <a href="#">Cook once roast chicken</a> Serve with new potatoes or roast potatoes and with green vegetables.	Ensure that leftover chicken and carcass is cooled within two hours and stored covered in fridge.

## Week Two

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Tips</b>
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Monday	<p><b>Homemade smoothie</b></p> <p><a href="#">Smoothie recipe</a></p> <p>Cereal /muesli</p>	<p><b>Ham sandwiches with salad</b></p> <p>Leave a couple of slices of ham covered in the fridge to use in the omelette on Wednesday.</p>	<p><b>Sweet and Sour Stir fry</b></p> <p><a href="#">Sweet and sour stir-fry chicken recipe</a></p> <p>Use up chicken from yesterday's roast dinner and serve with rice.</p> <p>Ensure that you only cook the correct portions for the meal (1 mug of dried rice is enough for 4 adults when cooked!)</p>	<p>If you prepare too much rice, cool it quickly, put it in the fridge in an airtight container and use within a day. Reheat thoroughly until piping hot.</p> <p>If you don't have time to make stock from the chicken carcass you can freeze the carcass until a later date.</p> <p>Cut up a whole onion and either bag and freeze half for later or wrap well and keep in fridge, use within 2 days.</p> <p>An average portion of rice for one adult is 75g or ¼ of a mug. So a full mug of rice will be enough for 4 adults.</p>
Tuesday	<p><b>Porridge topped with fruit/nuts or seeds as preferred</b></p>	<p><b>Chicken Soup</b></p> <p>Made with stock from Sundays chicken carcass  <a href="#">How to make chicken or turkey stock</a>          (You can use a stock cube instead of the carcass)          Add vegetables and herbs of your choice, along with any leftover chicken.</p>	<p><b>Carrot and Sweetcorn Baked Potatoes</b></p> <p><a href="#">Carrot and sweetcorn backed potatoes recipe</a></p> <p>Serve with green veg.</p>	<p>The "5 a day" size guide for fruit and veg is 80g per portion for adults.          For peas and sweetcorn this is approximately 3 heaped tablespoons.</p>
Wednesday	<p><b>Baked beans on toast</b></p>	<p><b>Tuna wrap or Pitta bread</b></p> <p>Serve with salad.</p>	<p><b>Spanish Omelette</b></p> <p><a href="#">Spanish omelette recipe</a></p> <p>Serve with green veg or salad.</p>	<p><b>Store one portion in an airtight container in the fridge for lunch tomorrow.</b></p>
Thursday	<p><b>Muesli with fruit and yoghurt</b></p>	<p><b>Leftover Spanish Omelette from yesterday with salad</b></p>	<p><b>Grilled Fish</b></p> <p>Serve with steamed green veg and new potatoes.</p>	<p>Using items around the kitchen can make measuring out food easier and quicker. Spoons, mugs and measuring spoons can all be used once you have worked out the amount you need for your portions.</p> <p>Check out <a href="http://www.lovefoodhatewaste.com">www.lovefoodhatewaste.com</a> for more ideas about reducing your food waste.</p>

<b>Friday</b>	<p><b>Porridge topped with fruit, nuts or seeds as preferred</b></p>	<p><b>Tuna and sweetcorn sandwich</b></p>	<p><b>Nutty Veggie Couscous</b>  <a href="#">Nutty veggie couscous recipe</a></p>	<p>Using items around the kitchen can make measuring out food easier and quicker. Spoons, mugs and measuring spoons can all be used once you have worked out the amount you need for your portions.</p>
<b>Saturday</b>	<p><b>Homemade smoothie</b>  <a href="#">Smoothie recipe</a>          Use any fruit available</p>	<p><b>Houmous with bread and vegetable crudities</b></p>	<p><b>Golden Shepherd's Pie</b>  <a href="#">Shepherd's pie recipe</a>          Using one of the frozen portions from last week's menu. Defrost thoroughly, and then cook as before from stage 3. Make sure it is piping hot through.          Serve with green vegetables.</p>	<p>Remove a portion of Shepherd's pie from the freezer and place in the fridge. Leave to defrost thoroughly overnight.          To keep cut parsley or coriander, put in a hole free polythene bag with a couple of tablespoons of cold water, give the bag a good shake and keep in the salad drawer of the fridge. Herbs should keep for a week like this. You can also freeze herbs.</p>
<b>Sunday</b>	<p><b>Fruit juice</b>          Grilled sausage/ bacon, and tomato or mushrooms and egg.</p>	<p><b>Chicken Soup</b>          Use a frozen portion made earlier in the week. Heat up thoroughly.</p>	<p><b>Chilli Con Carne</b>          Use a frozen portion from last week.          Serve with vegetables or salad.</p>	<p>To defrost food, remove it from the freezer the night before and place in the fridge. Once defrosted use within 24 hours.</p>

**Please note: The portions for each menu are generally for 4 people or as shown in the individual recipe. Please adjust the ingredients you buy accordingly for the numbers you are cooking for. Remember, you can cook larger amounts and freeze the extra portions for another time. Use our portion planner to help find the correct portions for your meals.**

**Allergies: If you are allergic to nuts or have other allergies please adjust ingredients accordingly.**

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