

Menu Plan (Low Cost)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST			Breakfast options Toast with marmite/jam/low fat cheese Cereal with low fat milk/yoghurt			Breakfast options Scrambled eggs on toast Porridge with sultanas and apple Baked beans on toast	
	MORNING TEA – 1 snack and unlimited fruit						
LUNCH	Lunch options for parents, adult children or children at home						
	Salad with egg and cheese, fruit	Egg and salad sandwiched, fruit	Leftover pasta bake	Cheese and sweetcorn toasties	Leftover chicken and salad sandwiches, low-fat yoghurt		Potato pikelets and fresh fruit smoothies
	Lunch options for children attending school						
	Cheese and salad sandwich, yoghurt, fruit	Rice cakes (4) with marmite or jam, etc, low-fat yoghurt, fruit	Egg salad, bag of chopped vegetables, fruit	Rice cakes (4) with marmite or jam, etc, low-fat yoghurt, fruit	Leftover chicken and salad sandwiches, low-fat yoghurt		
DINNER	AFTERNOON TEA – 1 snack and unlimited fruit						
	SNACKS – Fruit, snack drawer or refrigerated snack						
	Spaghetti Bolognese	Tuna pasta bake Fruit salad and jelly	Shepherds pie with salad	Chicken and apricot stew with rice and vegetables	Lemon pepper fish fillets with homemade wedges Fruit salad and yoghurt	Casserole	Egg and vegetable fried rice Baked bananas and custard

Shopping List

Fruit and veges

- Bananas 2 large bunches
- Apples 2 bags
- Mandarins 1 kg
- Kiwifruit ½ kg
- Red onion 1
- Pears 1 bag
- Strawberries 2 chips
- Onion 6
- Garlic 3
- Cucumber 1
- Potatoes 6
- Carrots 10
- Tomatoes 6
- Broccoli 1
- Mixed lettuce 2 pkts
- Red chilli 1
- Alfalfa sprouts 1 punnet
- Parsley 1 bunch
- Mushrooms 1 handful
- Frozen mixed veges 2 bags
- Frozen berries 1 bag
- Frozen peas 1 bag

Meat and fish

- Chicken 3 leg and thigh portions
- Premium beef mince 1.65Kg
- Lemon pepper crumbed fish fillets 1 packet
- Shaved ham 800g

Dairy

- Milk (yellow top) 3 x 2l
- Low-fat fruit yoghurt 2 x 6 pack
- Edam cheese 1kg
- Lite margarine/spread 1 tub
- Lite cream cheese 1 sml tub
- Eggs 18

Breads, cereals, pasta and rice

- Wholemeal pita bread 2 x 5 pack
- Wholegrain bread (e.g. Burgen, Vogel's, or Signature Range) 3 loaves
- Spaghetti 1 packet
- Bread rolls (wholemeal/wholegrain) 1 x 6 pack
- Weetbix or Sultana Bran 1 box
- Rolled oats 1 bag
- Rice cakes 3 pkts
- Dried penne pasta 1 packet
- Long grain rice 1 x 1kg bag
- Brown rice 1 x 1kg bag

Other

- Olive oil 1 bottle
- Baked beans 4 tins
- Cream style corn 1 tin
- Flour 1 bag
- Custard powder 1 packet
- White sugar 1 pkt
- Lite peanut butter (crunchy) 1 jar
- Marmite 1 jar
- Jam 1 jar
- Tomato paste 1 x 130g can
- Chopped tomatoes 3 can
- Bolognese sauce 1 jar
- Apricots 1 can
- Soy sauce 1 bottle
- Raisins 1 x 12 pack
- Popcorn kernels 250g
- Rosemary, paprika, nutmeg, salt, pepper, cinnamon 1 shaker ea
- Baking powder 1 sml pkt
- Beef stock cubes 1 pkt
- Worcestershire sauce 1 bottle
- Oregano 1 sml pkt

- Basil 1 sml pkt
- Mixed dried herbs 1 shaker
- Lemon juice 1
- Tuna 2 x 300g
- Ground black pepper 1 pkt
- Crushed garlic 1 jar
- Lite jelly crystals 1 pkt
- Beetroot slices 2 tins
- Onion soup mix 1 pkt
- Lite tomato sauce 1 bottle

Adjust quantities to suit your family size. Supplement any fruit and vegetables for those currently in season and least expensive

Recipes

Cheese and Sweetcorn Toastie

Per person

Wholegrain toast 2 slices

Creamed sweetcorn 1 small tin

Edam cheese 1 handful grated

- Spread sweetcorn evenly over one slice of bread and top with grated cheese. Put other slice of bread on top and cook in sandwich press or toasted sandwich maker. If grilling in oven, make two 'open' sandwiches and grill side by side.

Potato Pikelets

Flour 1 cup

Baking powder 1 teaspoon

Milk ½ cup

Egg 1

Margarine melted, 20g

Garlic crushed, 1 teaspoon

Onion finely chopped, 1

Grated potato ½ cup

- Place flour and baking powder in a bowl; gradually stir in combined milk, egg and margarine. Stir in remaining ingredients. Place spoonfuls of mixture into heated oiled pan, cook until bubbles appear, turn then cook until brown.
- Serve with salsa and sour cream.

Fruit Smoothies

Bananas 5 ripe, chopped

Frozen berries 1 cup

Low-fat fruit yoghurt 3 x 150g pottles

Low-fat milk 750ml

- Combine all ingredients in a blender. Serve in tall glasses.

Vegetable Omelette

Eggs 8 large at room temperature

Milk 8 tablespoons

Salt ½ teaspoon

Olive oil 1 teaspoon

Ground black pepper

Mixed veges 1 cup of chopped vegetables of choice e.g. capsicum, onion, broccoli, spring onions

- Split the recipe and cook in two separate batches.
- Firstly, break 4 of the eggs into a bowl, add 4 tablespoons milk, salt and pepper and beat lightly with a fork.
- Heat a frying pan to hot, add olive oil. Pour in egg mixture. Cook for about 20 seconds for the eggs to heat and start to set.
- Use a spatula to lift the set egg in the middle of the pan and push towards the outside, allowing the remaining liquid mix to run underneath into the centre to cook. Lift and tilt the pan. Do not stir or you will end up scrambled eggs.
- When the mix looks nearly set, but still soft, reduce heat and leave about 40 seconds until just set on top.
- Add ½ of the vegetables to ½ of the set eggs. Fold the plain omelette over the half with the filling.
- To serve, tilt the omelette onto a plate. Cut in half for two people. Repeat with remaining ingredients.

Vegetable Omelette



Spaghetti Bolognese

Spaghetti Bolognese with Side Salad

Spray Oil

Onion 1, finely chopped

Garlic 1 clove chopped finely

Beef mince, 500 g premium lean

Chopped tomatoes 400 g canned

Bolognese sauce 1 jar

Oregano 1 teaspoon, dried

Basil 1 teaspoon, dried.

Spaghetti noodles 500 g dried

- Spray a large pan with oil. Add onion and garlic and cook one minute. Add the mince and brown. Add the tomatoes, pasta sauce and herbs. Bring to a boil, then reduce heat for 30 minutes.
- While sauce is simmering, cook the spaghetti in a saucepan of boiling water; drain.
- Serve sauce over cooked noodles and with a side salad.

Recipes



Tuna and Tomato Pasta

Tuna and Tomato Pasta

Pasta 3 cups

Oil spray

Garlic 2 cloves, chopped

Onion 1, chopped

Chilli 1 small teaspoon (optional)

Tomatoes 2 cans, chopped (undrained)

Tuna 2 small cans, flaked

Pepper

Broccoli 1, cut into florets

- Fill a large pot with water. Add a teaspoon of salt. Bring the water to a boil, and then add the pasta. Simmer for 12 minutes, or until tender. Drain.
- Spray a pan or pot with oil. Fry the garlic, onion, and chilli until the onion is soft. Add the tomatoes and tuna, season with pepper and heat through.
- Place the broccoli florets in a microwave-proof with a small amount of water and microwave for approximately 1-2 minutes, or until tender.

Fruit Salad with Jelly

Fruit 4 cups chopped. Include any fresh or tinned fruit e.g. apples, oranges, banana, grapes, pears
Lite jelly crystals 1 pkt

- Make jelly according to directions on packet. Serve with mixed fruit.

Shepherd's Pie with Salad

Olive oil, 1 tablespoon

Onion 1, diced

Garlic, 2 cloves, crushed

Beef mince, 400 g

Carrot, 1 diced

Peas, 1 cup

Beef stock, 2 cups

Worcestershire sauce, 3 tablespoons

Potatoes, 2 medium, washed and sliced

Mixed dried herbs, 1 teaspoon

Salt and pepper

- Preheat oven to 180C.
- Heat oil in ovenproof pot over medium heat. Add the garlic and onion and cook for two minutes. Add the mince and cook another 4 minutes. Add the rest of ingredients and bring to boil.
- Remove from heat and transfer to a baking dish if your pan is not oven proof.
- Top with slices of potato, brush the top with a little olive oil and sprinkle with dried herbs. Bake in oven until potatoes are cooked through and brown around edges.
- Serve with green salad.



Fruit Salad with Jelly



Chicken and Apricot Stew

Chicken and Apricot Stew with Rice and Veggies

Oil spray

Onion soup mix 1 packet

Apricots 1 can, in juice

Chicken 3 chicken leg and thigh portions

Onion 1 peeled and chopped

Garlic 3 cloves, chopped finely

Rice long grain white rice, 1½ cups.

Frozen mixed veges 3 cups

- Remove the skin of the chicken and cut the leg and thigh portions in half. Spray a large saucepan with oil and brown the chicken pieces on both sides. Set aside in a bowl.
- Add the onion and garlic to the saucepan and cook for 2 minutes. Return the chicken to the saucepan.
- Mix the onion soup with the juice from the apricots. Add this to the saucepan with the canned apricots. Bring to the boil, cover, and simmer gently for about 1 hour until tender. Season well with salt and pepper.
- Cook the rice in a pot of boiling water. Drain.
- Cook the mixed vegetables in the microwave according to packet instructions.
- Serve the stew over rice with vegetables on the side.

Recipes



Egg and Vegetable Fried Rice

Egg and Vegetable Fried Rice

Long grain rice 3-4 cups cooked

Eggs 3

Mixed veges finely cut – 1, e carrots, peas, corn, beans, broccoli

Oil 1 teaspoon

Salt and pepper

Soy sauce 1 tablespoon

Mixed herbs

Milk

- Bring a large pot of water to boil and add 2-3 cups of long grain rice. Cook for approx 15 mins, or until tender.
- Beat eggs together with a little milk, and cook vegetables until tender.
- Heat wok or fry pan on stove and add oil. Add cooked rice, egg, soy sauce, vegetables and other seasonings and stir until all ingredients are mixed.
- Serve while hot.

Fruit Salad with Yoghurt

Fruit 4 cups, chopped. Include any fresh or tinned fruit e.g. apples, oranges, banana, grapes, pears

Low-fat yoghurt 2 x 150g pottles

- Combine all ingredients in a bowl. Serve.

Casserole with Vegetables

Pasta macaroni or other small pasta, 1½ cups cooked and drained

Beef mince 750g, lean

Onion 1, chopped

Baked beans 3 cans

Worcestershire sauce 1 tablespoon

Stock powder 2 teaspoons, beef or vegetable

Tomato paste 1½ heaped tablespoons

Edam cheese 1 cup, grated

Frozen mixed vegetables 3 cups

- Preheat the oven to 180 degrees.
- Cook the pasta in saucepan of boiling water for approximately 12 minutes, or until al dente. Drain and set aside.
- Heat the mince in a medium-sized saucepan until browned. Add the onion and cook until it softens, stirring constantly. Mix in the baked beans, sauce and tomato paste and then sprinkle in the stock powder. Mix well and then add the cooked pasta.
- Pour into a large oven-proof dish and cover with the grated cheese. Heat in the oven until the cheese is melted.
- Cook 3 cups of frozen mixed vegetables.
- Put half of the casserole in plastic containers and freeze. Serve the rest of the casserole with the vegetables.



Fruit Salad with Yoghurt

Lemon Pepper Crumbed Fish and Homemade Wedges

Potatoes 2 large

Oil 1 tablespoons

Salt

Pepper

Herbs and spices (optional)

Lemon pepper crumbed

Hoki or Dory fillets 1 packet

- Fish: Cook according to directions on packet.
- Wedges: Preheat the oven to 200 degrees.
- Wash the potatoes (leave the skins on) and cut into wedges. Put potatoes in an oven dish lined with foil.
- Rub the wedges in 1 tablespoon of oil, a sprinkle of salt, and your choice of herbs and spices if desired. Bake for 30 minutes or until the chips are crisp and golden.

Baked Bananas with Custard

Bananas 4 ripe

Honey 3 teaspoons

Custard powder 2 tablespoons

Sugar 2 teaspoons

Low-fat milk 2 cups

- Preheat the oven to 180 degrees. Peel the bananas and place on a baking tray. Top each banana with 1 teaspoon of honey and bake for about 15 minutes, or until golden.
- In the meantime, mix custard powder, sugar and ½ cup of the milk in a saucepan until it forms a smooth paste. Add remaining milk and heat gently, stirring constantly until mixture boils and thickens.
- Serve the custard over the bananas.

Recipes

Scrambled Eggs on Toast

Eggs 6

Milk 6 tablespoons

Salt 1 teaspoon

Parsley or chives 1 handful, chopped

Oil spray (not required if using the microwave)

Pepper

Toast 1-2 slices each

- In the microwave (preferred method) Lightly beat the eggs, milk, salt and pepper in a microwave-proof bowl or jug. Cook on high for 1 minute 30 seconds. Stir the outside edges of the egg mixture into the centre and microwave for another 45 seconds. Stir gently and fold in the parsley or chives. Serve on toast.

- In a non-stick pan In a bowl, lightly beat the egg with the milk, salt and pepper. Spray the pan with oil spray. Pour in the egg mixture and cook over a low heat. Using a spoon, gently push the mixture from the outside of the pan to the centre to allow it to cook evenly. Do not stir too vigorously as scrambled eggs should have lots of large clots of cooked egg. Stir in the parsley or chives and serve on the toast.



Scrambled Eggs on Toast

Porridge

Per person:

Rollled oats ½ cup

Milk or water 1¼ cups

Sultanas ½ cup

Apple ½, chopped

- Stovetop:

Mix the oats and the milk or water together in a saucepan. Bring to the boil, stirring occasionally. Cook for about 3 minutes or until desired consistency is reached. Stir through sultanas and top with chopped apple.

- Microwave:

Mix the oats and milk or water together in a microwave-proof bowl or jug. Microwave on high for 1 minute 20 seconds. Stir gently then return to the microwave and cook for 1 minute. Stir through sultanas and top with chopped apple.

Popcorn

Per serve:

Vegetable oil 1 tablespoon

Popping corn ¼ cup

- Coat the bottom of a saucepan with the oil and heat over a medium to high heat.

- When the oil is hot, add the popping corn. Put a lid on the saucepan and shake to make sure all of the popcorn kernels are covered in oil.

- Let the kernels cook and shake the saucepan occasionally to stop the popcorn from burning. When the popping slows to 3 to 5 seconds between pops remove the saucepan from the element and turn off the heat. Pour the popcorn into a bowl.



Porridge