

DOWNSIDE'S BREAKFAST & LUNCH TIME PLANNER



MONDAY

Breakfast; Eggy bread soldiers.

Lunch; Captain Jack Sparrows fishy Jacket potatoes

served with a Tuna & Sweetcorn mayo

Easy lunch to start the week ,15 mins of prep and job done!

Dessert: Healthy yogurt and a piece of fruit

TUESDAY

Breakfast; Three Bears porridge with banana and honey

Lunch; Funky chicken pitta pockets

A great health dish

Could be served with our special recipe Speedy Wedges.

Dessert: Healthy yogurt and a piece of fruit

WEDNESDAY

Breakfast; Vanilla & sultana American pancakes

Lunch; Spicy bean quesadilla

With a little preparation

an easy lunch for the children to help you make !

Dessert: Healthy yogurt and a piece of fruit

THURSDAY

Breakfast; Three Bears porridge with banana and honey

Lunch; Cheesy pasta and health mixed salad

Using our special speedy pasta recipe

and all ready in under 15 mins !

Dessert: Healthy yogurt and a piece of fruit

FRIDAY

Breakfast; 50/50 toast and jam

Lunch; Fish finger and salad wrap

Tasty Omega 3 fish fingers

served in a wrap with salad and sauce of choice

Dessert: Healthy yogurt and a piece of fruit

SHOPPING LIST

Jacket Potatoe	25p
185g Tuna	59p
Sweetcorn	37p
2x Chicken breasts	£1.50
3 rashers bacon	75p
Mixed bean salad	65p
4xOM 3 Fish fingers	48p
250g Cheese	£1.75
200g Cream cheese	59p
2pts Milk	80p
6 pack Yogurts	79p
1Kg Penne pasta	29p
Jar Honey	85p
50/50 Bread	59p
6x Pitta bread	45p
8x Wraps	65p
2x Bananas	28p
6x Fruit servings	79p
750g Porridge oats	75p
Onion	10p
Red pepper	45p
Lettuce	42p
Cucumber	43p
3 Eggs	42p



**All for under
£15**

