



How to feed a family of 4 for £20 a week by Anneliese Giggins



30 days of budget food: Meal list and prices

Breakfast:

Cornflakes x11 bowls at 9p per portion
Porridge with honey and banana x4 bowls at 16p per portion
Porridge with honey x15 bowls at 9p per portion

Snacks:

Digestive biscuits x1 packet
Rich tea biscuits x1 packet
Malt loaf x3 packets
Apples x1 family size pack
Bananas x8
Nectarines 1 punnet of 4
Breadsticks x1 packet and hummus x1 pot
Homemade jam tarts x8 at 2p per portion
Homemade chocolate cornflake cakes x16 at 5p per portion
Homemade banana and milk ice lollies x4 at 9p per portion
Eggy bread with blackberries x4 portions at 6p per portion

Lunches:

Cucumber sandwiches with a little mayonnaise 5 x 4 portions at 6p per portions
Cucumber and tomato sandwiches (using homemade bread) 2 x 4 portions at 5p per portion
Hummus with slices of pitta bread, carrot, cucumber and bread sticks 3 x 4 portions at 52p per portion
Hummus and cucumber sandwiches (with homemade bread) 2 x 4 portions at 18p per portion
Hummus on toast 2 x 4 portions at 18p per portion
Pitta breads filled with cucumber, tomato and mayonnaise 2 x portions at 16p per portion
Pasta salad (pasta, chopped boiled eggs, cucumber, tomato and mayonnaise) 4 x 4 portions at 17p per portion
Homemade bread with jam 2 x 4 portions at 6p per portion
Toast with jam 2 x 4 portions at 7p per portion
Wraps filled with grated carrot and hummus 2 x 4 portions at 25p per portion
Carrot soup with homemade bread 2 x 4 portions at 50p per portion
Baked beans on toast x 4 portions at 13p per portion

Evening meals:

Homemade tuna fishcakes with potato wedges and baked beans 3 x 4 portions at 36p per portion
Beef Bolognese with penne pasta 4 portions at 40p per portion
Homemade broccoli quiche, salad and homemade potato salad 2 x 4 at 47p per portion
Tomato risotto 4 portions at 37p per portion
Tomato risotto with garlic bread 2 x 4 portions at 52p per portion
Ratatouille in jacket potatoes 4 portions at 55p per portion
Baked leek eggy bread 4 portions at 48p per portion
Sausage hot pot with broccoli 4 portions at 66p per portion
Broccoli macaroni cheese 4 portions at 43p per portion
Homemade carrot and kidney bean burgers with potato wedges and baked beans 4 portions at 26p per portion
Homemade gnocchi in homemade tomato sauce with garlic bread 4 portions at 50p per portion
Beef chilli with rice 4 portions at 47p per portion
Pasta in a condensed soup sauce 4 portions at 30p
Homemade pizza 3 x 4 portions at 29p per portion
Sausages with mashed potato, carrots, peas and gravy 4 portions at 56p
Pasta with homemade pasta sauce and garlic bread 2 x 4 portions at 31p per portion
Baked mixed bean tortillas 4 portions at 68p per portion
Chickpea and potato curry 2 x 4 portions at 34p per portion
Shepherd's pie 4 portions at 52p per portion
Sausages with homemade Yorkshire puddings, roast potatoes, broccoli, carrots, peas and gravy 4 portions at 55p per portion
Mixed bean goulash with rice 4 portions at 28p per portion
Baked bean 'pie' 4 portions at 19p per portion

Pudding:

Yogurt x24 pots
Banana and custard x4 portions
Rice pudding with jam 4 portions at 5p each
Jelly with nectarines x4 portions at 16p per portion
Nectarines x4 at 10p per portion
Blackberries with rice pudding x 4 portions at 4p per portion
Tinned peaches 2 x 4 portions at 9p per portion

*all prices are approximate