



How to feed your family their 5-a-day by Anneliese Giggins

Day one:

Breakfast - Porridge with banana and honey. 1

Lunch - Salad (cucumber, tomatoes, lettuce and grated carrot) and ham sandwiches. 1

Dinner - Parsnip roulade with braised red cabbage and apple, buttered new potatoes and carrots. 3

5 a-day tally

Me 5, Neil 5, Isaac 3, Oliver 2 and a half

Day two:

Breakfast - Blueberries with natural yogurt and oat clusters. 1

Lunch - Pasta salad (cucumber, celery, tomatoes, grated carrot and sweetcorn). 1

Snack - Apples and grapes. 2

Dinner - Homemade pizza (Passata, tomato puree, sweetcorn, onion, tomatoes). 1- 2 (1 to be on cautious side)

5 a-day tally

Me 5 and a half, Neil 5, Isaac 5, Oliver 4 and a half

Day three:

Breakfast - Blueberry pancakes. 1

Snack - Pineapple and natural yogurt. 1

Lunch - Butternut squash falafel with lettuce and natural yogurt in pitta breads. 2

Snack - Grapes. 1

Dinner - Homemade pork and apple burgers with swede fries. 2

5 a-day tally

Me 7, Neil 7, Isaac 7, Oliver 6

Day four:

Breakfast - Blackcurrant bircher Muesli (we made it with mixed frozen berries). 1

Snack - Grapes. 1

Lunch - Homemade mushroom soup with crusty bread. 1

Dinner - Sausages with roast potatoes, roasted parsnips, roasted sweet potato and boiled carrot and peas. 4

5 a-day tally

Me 7, Neil 7, Isaac 6, Oliver 3

Day five:

Breakfast - Fruit yogurt smoothie (mixed frozen berries, bananas and orange juice). 3

Snack - Biscuit

Lunch - Carrot, cheese, raisin and chutney pitta toasties (Neil had cheese and tomato sandwiches). 2

Snack (just Oliver). 1

Dinner- Spinach pasta bake. 2

5 a-day tally

Me 7, Neil 6, Isaac 6, Oliver 6

Day six: (first day back to school) By the way, Isaac has a packed lunch every day and we have the same as he has.

Breakfast - Cereal and dried apricots. 1

Snack - Biscuit

Lunch - Cheese and cucumber sandwich, 2 Quorn cocktail sausages, apple, raisins and malt loaf. 2

Snack - Packet of skips (crisps) shared between three, a little left over Christmas chocolate!

Dinner - Homemade sage and onion veggie burgers (grated carrot, kidney beans and sweetcorn) chips and baked beans. 3

5 a-day tally

Me 5 (didn't have apple), Neil 4 (didn't have the raisins or apple), Isaac 6, Oliver 3

Day seven:

Breakfast - Cereal and dried apricots. 1

Snack - Biscuit

Lunch - Marmite sandwich, 2 Quorn cocktail sausages, apple, raisins and malt loaf bar. 2

Snack - Breadsticks and celery sticks with cream cheese. 1

Dinner - Sausages, with mashed potato with pureed beetroot (mashed into potatoes) and carrots and peas. 3

5 a-day tally

Me 6, Neil 5, Isaac 6, Oliver 4