



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

Thursday 15th January

Breakfast - Weetabix with banana. 1

Lunch - Cheese and cucumber sandwiches with carrot sticks, raisins and apple. 3

Dinner - Pea pesto with pasta. 1

5 a-day tally:

Me 5, Neil 5, Isaac 5, Oliver 5.

Friday 16th January

Breakfast - fruit smoothie (3 bananas, frozen mixed berries, plain yogurt and orange juice) with toast. 3

Lunch - Pasta salad (mixed salad - grated beetroot and carrot with sliced cucumber, celery, red pepper and sweetcorn) with raisins and apple. 3

Snack - digestive biscuit

Dinner - homemade pizza. (passata, tomato purée, onion, sweetcorn and tomatoes). 2

Pudding - sliced mango (tinned) in jelly. 1

5 a-day tally:

Me 8, Neil 6, Isaac 8, Oliver 6

Saturday 17th January

Breakfast - Porridge with grated apple. 1

Snack - grapes. 1

Lunch - hummus and cucumber (not enough to equal 1 of our 5 a-day) sandwiches.

Dinner - Broccoli meatballs in tomato sauce, served with pasta. 2

Pudding - Homemade apple and berry crumble with custard. 2

5 a-day tally:

Me 6, Neil 6, Isaac 6, Oliver 6

Sunday 18th January

Breakfast - Fruit smoothie (3 bananas, frozen strawberries and blueberries, plain yogurt and orange juice)

Lunch - Homemade butternut squash and carrot soup with toasted bagels. 2

Snack - digestive biscuit

Dinner - Roast chicken, celeric 'lasagne' with roast potatoes and broccoli. 2

5 a-day tally:

Me 7, Neil 7, Isaac 5, Oliver 6

Monday 19th January

Breakfast - Weetabix and banana. 1

Lunch - Hummus with sliced pitta, carrot, celery, red pepper and cucumber sticks. Grapes. 5

Snack - rich tea biscuit and a few crisps

Dinner - Sausages, curly kale bubble and squeak and baked beans. 2

5 a-day tally:

Me 6, Neil 5, Isaac 7, Oliver 4.

Tuesday 20th January

Breakfast - Weetabix and banana. 1

Lunch - Bagel filled with hummus and grated carrot. Malt loaf bar, raisins and grapes. 2

Snack - rich tea biscuit

Dinner - Nut roast, broccoli and cauliflower cheese, roast potatoes and carrots. 3

5 a-day tally:

Me 6, Neil 5, Isaac 5, Oliver 5

Wednesday 21st January

Breakfast - Fruit smoothie (2 bananas, frozen strawberries and blueberries, plain yogurt and orange juice) with toast. 3

Lunch - Cheese and cucumber sandwiches, malt loaf bar, sliced carrot and grapes. 2

Snack - rich tea biscuit

Dinner - Spinach pasta bake/lasagne. 2

5 a-day tally:

Me 7, Neil 5, Isaac 7, Oliver 5