



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

Thursday 8th January

Breakfast - Yogurt smoothie made with one banana, frozen blueberries and strawberries, yogurt and orange juice. Slices of toast. 2

Lunch - Pitta bread sliced into strips with sticks of carrot, cucumber, celery and red pepper. Hummus for dipping. Raisins. 5

Snack - chocolate and courgette cake

Dinner - Broccoli pesto and pasta with garlic bread. 1

5-a-day tally:

Me: 7, Neil: 6, Isaac 8, Oliver 5.

Friday 9th January

Breakfast - Mashed banana on toast. 1

Snack - rich tea biscuits

Lunch - Pasta salad made with grated carrot, chopped celery, cucumber, red pepper and sweetcorn. (mixed salad so only class as one of our five a day) Malt loaf bar. Raisins. 2

Snack - chocolate and courgette cake

Dinner - Homemade pizza, topped with passata, tomato puree, sweetcorn, onion and tomatoes. 2

pudding - pears and custard. 1

5-a-day tally:

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

Saturday 10th January

Breakfast - Fruit smoothie with three small bananas, frozen blueberries and strawberries, yogurt and orange juice. 3

Snack - apples. 1

Lunch - cucumber and hummus sandwiches. 1

Snack - grapes. 1

Dinner - courgette and bacon carbonara. 1

5-a-day tally:

Me 7, Neil 7, Isaac 7, Oliver 6

Sunday 11th January

Breakfast - Porridge with banana and honey. 1

Snack - rich tea biscuits

Lunch - sweet potato hummus and courgette fritters. 3

Snack - grapes. 1

Dinner - Shepherd's pie. Carrot, courgette, mushrooms and onion hidden in a minced beef and tomato sauce, topped with swede and potato mash. 4

Pudding - 'Cheats' strawberry cheesecakes, using tinned strawberries. 1

5-a-day tally:

Me 8, Neil 7, Isaac 6, Oliver 6

Monday 12th January

Breakfast - Cereal with dried apricots. 1

Snack - rich tea biscuits

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

2

Dinner - Beetroot burgers served in baps with chips and baked beans. 3

5-a-day tally:

Me 6, Neil 5, Isaac 5, Oliver 5

Tuesday 13th January

Breakfast - Weetabix with grated apple. 1

Lunch - Pitta sliced into strips, sticks of carrot, celery and cucumber, with hummus for dipping. Malt loaf bar, grapes and raisins. 2

Snack - fruit and yoghurt smoothie. Made with frozen mixed berries, yoghurt, orange juice and 2 bananas. 3

Dinner - Lentil Bolognese with sausages and pasta. 3

5-a-day tally:

Me 9, Neil 6, Isaac 9, Oliver 7

Wednesday 14th January

Breakfast - Toast and dried apricots. 1

Lunch - egg and cucumber sandwiches. Raisins, carrot sticks. 3

Dinner - Pie, mashed potato with carrots and peas. 2

Pudding - jelly and fruit (tinned mango). 1

5-a-day tally:

Me 6, Neil 5, Isaac 7, Oliver 4