



WEEKLY MEAL PLAN*

For Under £15



Monday

For lunch, prepare half the can of beans as per the instructions on the label. Remember to store the remaining beans for use later in the week.

3 of your 5 a day

Breakfast

Malted wheaties with chopped banana and milk

Lunch

Beans on toast with a boiled egg

Snacks

2 smart price fromage frais, 2 garden gang easy peelers

Tuesday

For lunch, use around a fifth of the pot of tuna mayonnaise and remember to store the rest for use later in the week.

3 of your 5 a day

Breakfast

2 smart price fromage frais, slice of toast with butter topped with banana slices

Lunch

Tuna and sweetcorn sandwich with crunchy carrot sticks

Snacks

Glass of milk and garden gang apple slices

Wednesday

Our snack today uses the leftover tuna mayonnaise from yesterday. Use another fifth of the pot and save the rest for use later in the week.

4 of your 5 a day

Breakfast

Beans on toast with a boiled egg

Lunch

Jacket potato with butter, omega 3 fish fingers and peas

Snacks

Cucumber sticks with tuna and sweetcorn dip, garden gang banana

Thursday

For lunch today, toast a pitta bread and chop into soldiers. Also chop up slices of pepper. The pitta and pepper dippers can then be dipped into the tuna mayonnaise and houmous dips - delicious!

3 of your 5 a day

Breakfast

Toast topped with butter and chopped banana

Lunch

Tuna and sweetcorn dip and houmous dip with pitta and pepper dippers

Snacks

2 smart price fromage frais, 2 garden gang easy peelers

Friday

4 of your 5 a day

Breakfast

Malted wheaties with chopped banana and milk

Lunch

Fish finger sandwich with cucumber sticks

Snacks

Slices of red pepper and sliced garden gang apple

Asda Shopping List

All under £15**

- Asda Malted Wheaties Cereal
- Asda Unsalted Butter 250g
- Asda Semi Skimmed Milk 4 Pints
- Kingsmill Medium 50/50 Bread
- Asda Reduced Sugar & Salt Baked Beans in Tomato Sauce 410g
- Asda Smart Price Fruit Fromage Frais 12 pack
- Asda Garden Gang Apples 6 pack
- Asda Garden Gang Bananas 8 pack
- Asda Garden Gang Super Easy Peelers 500g
- Asda Tuna & Sweetcorn filling
- Asda Wholemeal Pittas
- Asda Grower's Selection Carrots 500g
- Asda Grower's Selection Cucumber
- Asda Grower's Selection Loose White Baking Potatoes
- Asda Grower's Selection Red Pepper
- Asda 10 Omega 3 Fish Fingers
- Asda Frozen for Freshness Garden Peas 1kg
- Asda Houmous 200g
- Asda 6 Medium Free Range Eggs

Top Tips

- * Remember to stay hydrated by drinking lots of water
- * Fruit and veg is packed full of fibre, and why not try chopping your fruit into fun and interesting shapes?
- * To speed up the jacket potato, heat in the microwave before crisping up in the oven, or you could substitute for pasta if you're short on time!
- * For older and more active children you can increase the portion sizes or add an additional snack to their day

*This meal plan has been developed in line with UK dietary advice by Asda's qualified nutritionists. It is aligned to nutritional requirements for children with respect to calories, fat, saturated fat, protein, fibre and salt and provides at least 3 portions of fruit and vegetables per day. Meal plan is based on feeding one child. For older or more active children, larger portion sizes may be required. **Prices correct of 20/01/2021. Selected Asda stores, subject to availability.

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