



Free School Meals Voucher Recommendations for Parents/Carers

Your school has chosen to supply vouchers instead of food parcels, we understand why and can see how this is more convenient to you and your child/children.



However, we would still like to offer our support in helping you with some advice that will help you plan, shop and prepare a healthy balanced lunch for your child/children.



This is why we have put together a small shopping list, some dish ideas and supporting recipes to help you. We hope you find these useful, and look forward to seeing all of the children back in school very soon. From everyone at Autograph, take care and stay safe.



A balanced diet shopping basket for £15 for 5 days: priced using Sainsbury's

Meat shopping list	Vegetarian shopping list
Dairy: <ul style="list-style-type: none">• 1litre Milk 80p• 220g Cheese 1.50	Dairy: <ul style="list-style-type: none">• 1litre Milk 80p• 220g Cheese 1.50
Protein: <ul style="list-style-type: none">• 1 Tin Tuna (in spring water) 1.30• 1 Pack 6 Eggs 90p• 1 Pack 2 Chicken Breasts 1.70	Protein: <ul style="list-style-type: none">• Packet Red Lentils 1.15• 1 Tin Chickpeas 90p• Pack of 6 Eggs 90p
Carbohydrates: <ul style="list-style-type: none">• Tortilla wraps 75p• Pasta 55p• Rice 1.25	Carbohydrates: <ul style="list-style-type: none">• Tortilla wraps 75p• Pasta 55p• Rice 1.25
Fruit & Veg: <ul style="list-style-type: none">• 1 Lettuce 43p• 1 Cucumber 43p• Pack of Carrots 41p• 1 Broccoli 1.00• 1 Pepper 45p• 2 x Tinned Tomatoes 70p• 1 Tin Sweetcorn 45p• 1 Onion 20p• 5 Pieces of fruit / Tinned Fruit in Juice 2.00 Total 14.82	Fruit & Veg: <ul style="list-style-type: none">• 1 Lettuce 43p• 1 Cucumber 43p• Pack of Carrots 41p• 1 Broccoli 1.00• 1 Pepper 45p• 2 x Tinned Tomatoes 70p• 1 Tin Sweetcorn 45p• 1 Onion 20p• 5 Pieces of fruit / Tinned Fruit in Juice 2.00 Total 13.87
Additional: <ul style="list-style-type: none">• Sachet / pot curry powder• Reduced Fat Mayonnaise	Additional: <ul style="list-style-type: none">• Sachet / pot curry powder• Reduced Fat Mayonnaise



Recommended Menus

Meat Based Menu:

Monday	Chicken Curry with Rice	Served with Broccoli and Carrots	Fruit for Dessert and a Cup of Milk
Tuesday	Tuna Mayo Salad Wrap	Served with Cucumber and Carrot Sticks	Fruit for Dessert and a Cup of Milk
Wednesday	Chicken, Tomato and Vegetable Pasta Bake	Served with Sweetcorn and Broccoli	Fruit for Dessert and a Cup of Milk
Thursday	Scrambled Egg Wrap / Burrito with Vegetables and Cheese	Served with Pepper and Carrot Sticks	Fruit for Dessert and a Cup of Milk
Friday	Cheese Omelette	Served with Salad	Fruit for Dessert and a Cup of Milk



Vegetarian Menu:

Monday	Chickpea Curry with Rice	Served with Broccoli and Carrots	Fruit for Dessert and a Cup of Milk
Tuesday	Cheese Mayo Salad Wrap	Served with Cucumber and Carrot Sticks	Fruit for Dessert and a Cup of Milk
Wednesday	Tomato and Lentil Pasta Bake	Served with Sweetcorn and Broccoli	Fruit for Dessert and a Cup of Milk
Thursday	Scrambled Egg Wrap / Burrito with Vegetables and Cheese	Served with Pepper and Carrot Sticks	Fruit for Dessert and a Cup of Milk
Friday	Cheese Omelette	Served with Salad	Fruit for Dessert and a Cup of Milk

