

# Kids' breakfast & lunch planner

Plan five days of tasty, balanced breakfasts and lunches for two children for less than £20 – with leftovers – all developed by M&S Food senior nutritionist Laura Street.



## MONDAY

### BREAKFAST: DIPPY EGG AND SOLDIERS

Boil 2 eggs to your liking and serve with toasted Best of Both bread, topped with your kids' favourite spread and cut into soldiers.

### LUNCH: EASY, CHEESY PASTA

Cook a couple of large handfuls of pasta and stir in half a jar of tomato and basil sauce. Serve with Cheddar cheese grated on top.

### SNACK: BANANA 'ICE CREAM'

Freeze two bananas, then blitz until creamy for a healthy banana 'ice cream'.

## TUESDAY

### BREAKFAST: BANANA TOAST

Toast two slices of bread and top each with one sliced banana and your little ones' favourite spread from the fridge.

### LUNCH: TORTILLA PIZZAS AND SALAD

Spread the remaining pasta sauce over two wraps, top with a sliced pepper and cheese slices. Grill until melted. Serve with a salad of three grated carrots and two sliced tomatoes.

## WEDNESDAY

### BREAKFAST: THREE BEARS PEAR PORRIDGE

Cover 250g porridge oats with milk and a splash of water, then simmer until creamy. Top with two chopped pears. Mix any leftover porridge with 50g raisins and spoon into cupcake cases, then bake at 190°C fan for 30-40 mins. Save for tomorrow's breakfast.

### LUNCH: INDOOR PICNIC

Cook two handfuls of pasta and toss with a tin of tuna and two quartered tomatoes. Serve with crunchy chopped carrots and peppers, and a pot of fromage frais and a pear each. Don't forget to invite the teddy bears!

## THURSDAY

### BREAKFAST: PORRIDGE MUFFINS

Enjoy the porridge muffins you made yesterday with some sliced pear.

### LUNCH: SPEEDY CHEESE AND TOMATO TOASTS

Arrange sliced Cheddar and tomatoes on top of two slices of bread (like all M&S bread, it contains vitamin D). Grill until bubbling and enjoy with a pot of fromage frais each.

## FRIDAY

### BREAKFAST: SUPERHERO OMELETTES

Slice 250g mushrooms and fry in 1tsp oil and 1tsp butter until golden. Add 4 beaten eggs and cook to your liking.

### LUNCH: FISH FINGER SANDWICHES

Cook the fish fingers according to the pack instructions and serve in four slices of bread. Serve with your kids' favourite condiments from the fridge, if you like. Enjoy with a pot of fromage frais and a sliced pear each.

## SHOPPING LIST

- 500g penne pasta
- 1 jar tomato & basil pasta sauce
- 8 white tortilla wraps
- 1 loaf (750g) Best of Both medium sliced bread
- 1 tin tuna
- 2 peppers
- 250g mature Cheddar slices
- 4 bananas
- 6 pack fromage frais
- 9 chunky breaded cod fish fingers
- 500g carrots
- 6 round tomatoes
- 6 free-range mixed size eggs
- 500g traditional porridge oats
- 6 ripen at home conference pears
- 1 pint M&S Select Farms milk
- 500g raisins
- 300g white mushrooms

5 lunches +  
5 breakfasts  
for 2 for £20

Get your H<sub>2</sub>O!

Staying hydrated is super important, so don't forget to serve a glass of water with each meal.

Please note – if you're feeding smaller children, reduce the portion sizes.



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