

	Menu
	Pitta pizza Cherry tomatoes Tinned pineapple chunks Plain popcorn Water
	Egg mayonnaise roll Pepper and carrot sticks Houmous dip Sliced apple Banana cake Milk
	Pasta salad Sliced grapes Cheese cubes Rice pudding Water
	Tuna & sweetcorn wrap Cucumber sticks Plain yoghurt Raisins Rice cakes Water
	Cheese and crackers Satsuma Cucumber Boiled egg Fruity flapjack Water
	Toasted bagel Chopped melon Malt loaf Carrot sticks Houmous Water

Shopping List and Cost at Asda

4 Pitta Breads	£1.00
6 Bread Rolls	£1.00
6 Tortilla Wraps	70p
5 Bagels	69p
1kg Pasta	69p
Cheese	£2.49
Eggs	£1.60
Houmous Dip	£1.35
Margarine	£1.50
Ham	90p
Cooked Chicken	£1.99
Cherry Tomatoes	£1.00
Frozen Mixed Vegetables	99p
Mushrooms	80p
3 Peppers	£1.59
Apples	£1.09
Oranges	99p
Pears	90p
Bananas	69p
Tinned Pineapple	95p
4 Tinned Tuna	£3.25
Tinned Sweetcorn	49p
Vegetable oil	£1.99
Pesto	99p
Tomato Puree	£1.00
Mayonnaise/Salad Cream	96p
Sugar	89p
Brown Sugar	£1.80
Self-raising flour	75p
Baking Powder	65p
Dried Fruit	£1.60
Golden Syrup	£1.40
Porridge Oats	£1.25
Popcorn	£1.00
Popcorn Kernels (to make)	£1.50

Those that are in blue can be frozen so they lasts longer.

Those foods on purple will last for a few months so only need buying once in a while

Vegetable ideas

- Courgette
- Aubergine
- Sweetcorn
- Tomatoes
- Cucumber
- Beetroot
- Carrot
- Pepper
- Lettuce
- Spinach leaves
- Onion
- Celery
- Green beans
- Olives
- Peas
- Sweet potato
- Butternut squash
- Broccoli
- Sun dried tomatoes



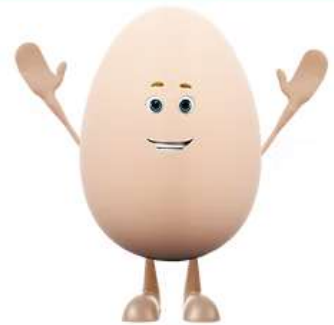
Fruit ideas

- Melon
- Kiwi
- Nectarine
- Blueberries
- Strawberries
- Raspberries
- Grapes
- Raisins
- Sultanas
- Dried apricots



Additional ingredient ideas

- Ham or vegetarian alternative
- Cooked chicken
- Cheese (grated or chunks)
- Chickpeas
- Boiled egg
- Tinned salmon or tuna
- Tofu
- Bacon
- Sausage
- Mixed beans



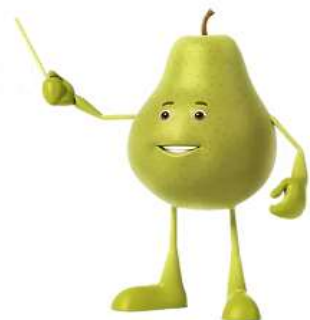
Salad dressing ideas

- Cream cheese
- Salad cream
- Mayonnaise
- French dressing
- Caesar dressing
- Balsamic vinegar
- Plain yoghurt
- Pesto
- Olive oil
- Lemon juice and Olive oil



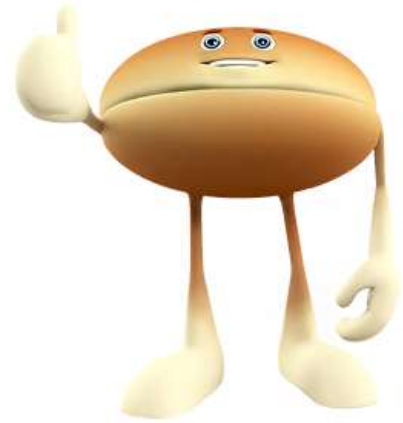
Vegan swaps

- Tofu instead of eggs
- Lentils and beans instead of meat
- Jackfruit instead of meat
- Quorn or vegetable protein substitutes instead of meat
- Houmous instead of mayonnaise



Bread ideas

- Bagel
- Pitta
- Granary bread
- Roll
- Wholemeal bread
- Wrap
- Flatbread
- Chapati
- Panini
- Thins
- Crackers



Gluten-free swaps

- Potatoes
- Bread made with gluten-free flour
- Rice cakes
- Flat breads made with chickpea flour or maize flour
- Gluten-free tortilla wraps
- Rice or quinoa
- Rice noodles
- Gluten-free pasta



Dairy-free swaps

- Instead of cows milk, try oat milk or soya milk.
- Instead of dairy cheese you could use a dairy-free cheese substitute or try using avocado.
- Another idea is adding nutritional yeast to dishes like pasta. This will give a cheesy flavour but is dairy-free.
- Instead of butter you could use a dairy-free spread.
- Instead of a cheese or yoghurt dip, try buying or making houmous

