

# 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	SHOPPING LIST
<p><b>BREAKFAST: DIPPY EGG AND SOLDIERS</b> Boil 2 eggs to your liking and serve with toasted Best of Both bread, topped with your kids' favourite spread and cut into soldiers.</p> <p><b>LUNCH: EASY, CHEESY PASTA</b> 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.</p> <p><b>SNACK: BANANA 'ICE CREAM'</b> Freeze two bananas, then blitz until creamy for a healthy banana 'ice cream'.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 500g penne pasta</li> <li><input type="checkbox"/> 1 jar tomato &amp; basil pasta sauce</li> <li><input type="checkbox"/> 8 white tortilla wraps</li> <li><input type="checkbox"/> 1 loaf (750g) Best of Both medium sliced bread</li> <li><input type="checkbox"/> 1 tin tuna</li> <li><input type="checkbox"/> 2 peppers</li> <li><input type="checkbox"/> 250g mature Cheddar slices</li> <li><input type="checkbox"/> 4 bananas</li> <li><input type="checkbox"/> 6 pack fromage frais</li> <li><input type="checkbox"/> 9 chunky breaded cod fish fingers</li> <li><input type="checkbox"/> 500g carrots</li> <li><input type="checkbox"/> 6 round tomatoes</li> <li><input type="checkbox"/> 6 free-range mixed size eggs</li> <li><input type="checkbox"/> 500g traditional porridge oats</li> <li><input type="checkbox"/> 6 ripen at home conference pears</li> <li><input type="checkbox"/> 1 pint M&amp;S Select Farms milk</li> <li><input type="checkbox"/> 500g raisins</li> <li><input type="checkbox"/> 300g white mushrooms</li> </ul> <div style="border: 1px solid black; border-radius: 50%; padding: 10px; display: inline-block; margin-top: 10px;"> <p>5 lunches + 5 breakfasts for 2 for £20</p> </div>
<p style="text-align: center;"><b>TUESDAY</b></p> <p><b>BREAKFAST: BANANA TOAST</b> Toast two slices of bread and top each with one sliced banana and your little ones' favourite spread from the fridge.</p> <p><b>LUNCH: TORTILLA PIZZAS AND SALAD</b> 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.</p>	
<p style="text-align: center;"><b>WEDNESDAY</b></p> <p><b>BREAKFAST: THREE BEARS PEAR PORRIDGE</b> 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.</p> <p><b>LUNCH: INDOOR PICNIC</b> 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!</p>	
<p style="text-align: center;"><b>THURSDAY</b></p> <p><b>BREAKFAST: PORRIDGE MUFFINS</b> Enjoy the porridge muffins you made yesterday with some sliced pear.</p> <p><b>LUNCH: SPEEDY CHEESE AND TOMATO TOASTS</b> Arrange sliced Cheddar and tomatoes on top of two slices of bread (like all M&amp;S bread, it contains vitamin D). Grill until bubbling and enjoy with a pot of fromage frais each.</p>	
<p style="text-align: center;"><b>FRIDAY</b></p> <p><b>BREAKFAST: SUPERHERO OMELETTES</b> Slice 250g mushrooms and fry in 1tsp oil and 1tsp butter until golden. Add 4 beaten eggs and cook to your liking.</p> <p><b>LUNCH: FISH FINGER SANDWICHES</b> 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.</p>	

**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.

