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		Mix pasta and tuna, sweetcorn and mayonnaise	
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together.			
Alternatively, tuna, sweetcorn and mayo mix		Alternatively, tuna, sweetcorn and mayo mix	
can be used on sandwiches or in baked			
potatoes.		potatoes.	

Example Meal Plan for one

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Cereal with milk / tea or coffee	Biscuits / tea or coffee	Soup	Juice / beans	Pork, carrots and peas
Day 2	Cereal with milk / tea or coffee	Fruit salad / tea or coffee	Rice pudding	Juice / hoops	Pasta, (half jar) pasta sauce and beef
Day 3	Cereal with milk / tea or coffee	Biscuits / tea or coffee	soup	Juice / fruit salad	Pasta, (half jar) sauce and fish

Meal ideas

Corned beef sandwich	Corned beef, mash, peas and	Pork peas and carrots	Meatballs in tomato sauce in
Tuna, sweetcorn,	carrots	Sardines on toast	pasta
mayo sandwich	Beans on toast	Jam on toast	Tinned potatoes, meatballs, carrots
Pork, mash, peas,	Spaghetti on toast	Rice pudding	and peas
carrots Mash and beans	Pasta in sauce with corned beef	Pasta, beef, mushrooms and	Packet soups make 4 servings
Mash and spaghetti	Pasta with chicken soup	pasta sauce	Chilli and rice
Tuna, sweetcorn,	Pasta, pork, pasta	Pasta, carbonara sauce, tinned ham	Corned beef, tinned potatoes,
mayo pasta	sauce	Super noodles and	peas and carrots
Pork sandwich	Chicken soup with	hotdogs	Pork peas and
Ham sandwich	rice	Chicken in white	carrots with tinned
Tuna sandwich	Pasta, pasta sauce, hotdogs	sauce and rice	potatoes
Pasta, sauce, tuna	C	Chicken in white	Chilli with wraps
Pasta, fish, tinned	Mash and meatballs	sauce and potatoes	Super noodles
tomatoes	Tinned chicken,	Chicken curry and	Super rice
Pasta in sauce	curry sauce and	rice	Pasta in sauce
Soup and bread	rice	Chilli and baked	
Pasta, pork, beans	Tinned potatoes and meatballs	potato	

Designed by Teresa Mercer Community and Business Health Promotions Officer, St Helens Council.