

Food parcel recipes

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| <p style="text-align: center;"><u>Pasta, pork and beans.</u></p> <p>Need: Pasta Pork Beans</p> <p>Method: Cook pasta according to instructions. Drain cooked pasta. Cook half the pork (either grill or fry) Heat the beans. Mix pasta, pork and beans together.</p> | <p style="text-align: center;"><u>Super noodles and hotdogs</u></p> <p>Need: Super Noodles Hotdogs</p> <p>Method: Cook super noodles according to instructions. Cut hotdogs into chunks. Heat hotdogs. Mix hotdogs and super noodles together.</p> |
| <p style="text-align: center;"><u>Pasta, corned beef and sauce.</u></p> <p>Need: Pasta Corned beef Pasta sauce</p> <p>Method: Cook pasta according to instructions. Cube beef. Heat sauce. Mix beef into sauce. Drain pasta and mix with sauce.</p> | <p style="text-align: center;"><u>Pork (or corned beef), mash, peas and carrots</u></p> <p>Need: Pork / corned beef Packet mash. Peas. Carrots.</p> <p>Method: Slice pork and fry or grill Heat the carrots and peas. Make packet mash according to instructions.</p> |
| <p style="text-align: center;"><u>Pasta and chicken soup</u></p> <p>Need: Pasta Chicken Soup</p> <p>Method: Cook pasta according to instructions. Heat up chicken soup. Drain pasta. Mix with chicken soup.</p> | <p style="text-align: center;"><u>Tuna, sweetcorn, mayonnaise pasta</u></p> <p>Need: Pasta Tuna. Mayonnaise. Sweetcorn.</p> <p>Method: Mix tuna, sweetcorn and mayonnaise together. Cook pasta according to instructions. Drain pasta. Mix pasta and tuna, sweetcorn and mayonnaise together.</p> <p>Alternatively, tuna, sweetcorn and mayo mix can be used on sandwiches or in baked potatoes.</p> |

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

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