

Food parcel recipes

<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

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 on toast	Rice pudding	Chilli and rice
Mash and spaghetti	Pasta in sauce with corned beef	Pasta, beef, mushrooms and pasta sauce	Corned beef, tinned potatoes, peas and carrots
Tuna, sweetcorn, mayo pasta	Pasta with chicken soup	Pasta, carbonara sauce, tinned ham	Pork peas and carrots with tinned potatoes
Pork sandwich	Pasta, pork, pasta sauce	Super noodles and hotdogs	Chilli with wraps
Ham sandwich	Chicken soup with rice	Chicken in white sauce and rice	Super noodles
Tuna sandwich	Pasta, pasta sauce, hotdogs	Chicken in white sauce and potatoes	Super rice
Pasta, sauce, tuna	Mash and meatballs	Chicken curry and rice	Pasta in sauce
Pasta, fish, tinned tomatoes	Tinned chicken, curry sauce and rice	Chilli and baked potato	
Pasta in sauce	Tinned potatoes and meatballs		
Soup and bread			
Pasta, pork, beans			