



Oasis
Academy:
Oldham

BUDGET MEAL

COOK BOOK

Creating a
community of
choices & chances

WELCOME TO YOUR...

BUDGET MEAL

COOK BOOK

My name is Mrs Hough and I am the Subject leader at OAO for Food & Nutrition.

We know at OAO how important it is to eat well, for our own health and wellbeing, but not always easy to do so on a budget, especially if you have fussy eaters!



This cookbook is designed to create a meal plan for the week if you are wanting to keep within the free school meal weekly allowance. Alternatively this book can also be used if you fancy trying something different or want to bring that supermarket food bill down, while still ensuring your child is eating a well-balanced meal.

It isn't always easy to plan meals, especially on a budget and sometimes you can find yourself eating the same things time after time, resulting in food boredom. When food boredom sets in, you can often find yourself reaching for sweet and savoury snacks to satisfy your appetite. I know, I have done it! The lunches I have planned are all very different to offer variety and contribute to a healthy balanced diet and include the food groups recommended on the Eatwell Guide. I have included 2-3 portions of fruit and vegetables to contribute toward the recommended five portions per day.

When planning meals, recipes can easily be adapted and I have included some ideas in the recipes, don't be apprehensive about adapting recipes and trying new things. It can be fun! It is better to adapt recipes to your personal taste, rather than not enjoy what you eat. So, be creative, have fun with food and try new things. But, remember to make healthy choices!

Planning meals in advance and sticking to it will reduce food waste. Before planning meals for the week, I go through my fridge, freezer and cupboards first. Then plan meals around what I already have. This has really helped me to reduce food waste too, and in the process reduced my shopping bill (HAPPY ME).

So, I would like everyone to: get inspired, save money and make or find new meal ideas using the recommended ingredients in different recipe combinations.

On behalf of the Wellbeing Team and the wider Oasis Academy Oldham staff we wish you fun, creative and happy cooking!

Try something different!

QUICK



HEALTHY

SAVE MONEY



TASTY

Have fun!

DELICIOUS

Creating a community of choices & chances

FOOD

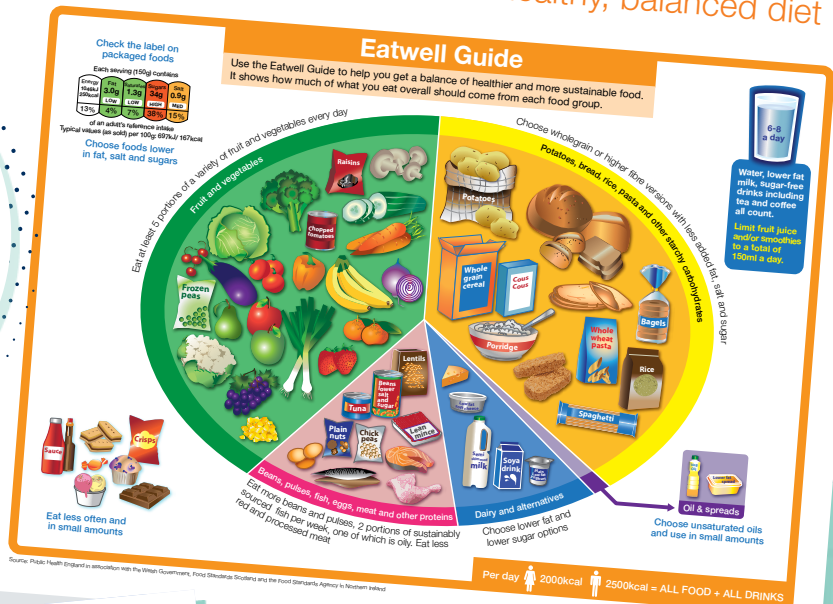
ADVICE, TIPS AND TOOLS



Visit:
www.nhs.uk/live-well
for more healthy living
information.

The Eatwell Guide

Helping you eat a healthy, balanced diet



HEALTHY HYDRATION

for adults and teenagers

We should drink about 6-8 glasses of fluid each day. This can be from a variety of drinks

Water

Water is a good choice throughout the day because it hydrates you without providing extra calories or harming teeth.

Drink plenty

Tea, coffee and other hot drinks

Provide some nutrients (if milk or fortified plant-based alternatives are added) and some contain caffeine*. To limit calories, drink without sugar or sugary syrups and with lower fat milks.

Drink to suit (can contain caffeine; limit if pregnant*)

Milk

Is a useful source of nutrients including calcium, iodine, B vitamins and protein. Adults and older children should choose lower-fat varieties.

Have regularly, but choose lower fat

Sugar-free drinks

Provide fluid without extra calories. Drinks like squashes and fizzy drinks are acidic, which can harm teeth.

Drink in moderation

Fruit and vegetable juices and smoothies

Provide some vitamins and minerals. One small glass (150ml) counts as a maximum of one portion of your 5 A DAY. However, they also contain sugars and can be acidic, which can harm teeth so it's best to drink them with a meal.

Can have once a day

Sugary drinks

Provide fluid but contain calories from sugars, usually without other nutrients, and can be acidic. Sugars and acidity can both be harmful to teeth. Some of these drinks also contain caffeine*.

Limit

Sports drinks

Are generally only needed if training at high intensity for over an hour. Can be high in sugars.

Only if needed

Energy drinks

Can be high in sugars and may contain high levels of caffeine* and other stimulants. These drinks are not good choices for those under 18 years.

Limit

*If pregnant, limit caffeine to no more than 200mg per day. Visit NHS Choices page on caffeine in pregnancy for more information.

Note: alcoholic drinks don't count towards your fluid intake.

The Information Standard

November 2018. Next review due November 2021. For more information on the sources used in this text please contact: postbox@nutrition.org.uk ©British Nutrition Foundation www.nutrition.org.uk

Visit:
www.nutrition.org.uk
where there's loads of
great food related
advice.



Creating a
community of
choices & chances

BUDGET MEAL

Shopping list

Asda 6 medium free range eggs	£0.79
Asda wholemeal pittas	£0.45
Asda tomato passata 500g	£0.33
Asda 50% less fat grated mature cheese	£1.65
Asda grower's selection brown onions	£0.50
Asda chicken breast fillets (2)	£2.09
Asda frozen for freshness garden peas	£0.66
Asda farm stores white potatoes (2kg)	£0.79
Asda growers selection trimmed leeks (500g)	£1.00
Asda vegetable stock cubes (12)	£0.39
Asda low fat red fruit yoghurt 6 x 125g	£0.85
Asda tinned peach slices in fruit juice 410g	£0.65
Asda tinned pear halves in fruit juice	£0.79
Asda light soy sauce	£0.54
Asda growers selection loose garlic	£0.39
Asda mixed herbs	£0.59
Asda smart price orange juice from concentrate cartons 2 x 3 pack	£0.60
Tomato purée 200g	£0.27
Asda fusilli pasta 1kg	£0.42
Asda easy cook long grain rice 1kg	£0.89
Total	£14.64

SUGGESTIONS



Menu Plan

Monday

Pitta pizza,
orange juice/water, fruit/yoghurt

Tuesday

Chicken pasta bake,
orange juice/water, fruit/yoghurt

Wednesday

Spanish style omelette,
orange juice/water, fruit/yoghurt

Thursday

Leek and potato soup,
orange juice/water, fruit/yoghurt

Friday

Chicken fried rice,
orange juice/water, fruit/yoghurt

TIPS TO EATWELL FOR LESS

1. Check your fridge/cupboards, you may not need everything on your list.
2. Don't waste anything.
3. Eat leftovers.
4. Take your shopping list with you and stick to it.
5. Don't go shopping when you are hungry.
6. If possible, shop alone (I know this isn't always possible).

Other tips can be found on the NHS website, along with further tips and information on eating well for less.

www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less



Creating a
community of
choices & chances

PITTA PIZZA

SERVES 1



Ingredients

- 1 pitta bread
- 1 tbsp tomato passata sauce or tomato puree
- 20g less fat mature cheddar, grated
- A pinch of mixed herbs

TOPPING SUGGESTIONS

Diced onions, diced tomatoes, sliced mushroom, sliced peppers, salami, chorizo (make sure the meat has started to frizzle around the edges before removing from the oven). Add a few more grams of cheese if you like it cheesy, but not too much.



ALTERNATIVE COOKING METHOD

Preheat the grill, place pitta on a baking tray and cook under the grill until the cheese has melted - if you have added any meat, make sure it has started to frizzle on the edges.



Method

1. Heat oven to 200°C/180°C fan/gas 6 and put a baking sheet inside to heat up. Spread the pitta with 1 tbsp tomato passata or tomato puree sauce. Top with the grated cheese, then sprinkle herbs.
2. Place on the hot sheet and bake in the oven for 10 mins until the pitta is crisp and the cheese has melted.

PASSATA SAUCE

If you prefer to use a different sauce, you could use the following options if you have them:

- Ketchup
- Brown sauce
- BBQ sauce
- Pesto

Place the remaining passata in dish, cover and store in the fridge for the chicken pasta bake.

CHICKEN PASTA BAKE

SERVES 2



Ingredients

- 1 tbsp oil/butter/margarine (fat)
- 1 chicken breast
- ½ onion
- 1 clove of garlic
- 1 carton of tomato passata
- 1 tbsp tomato puree
- 80g frozen peas
- 100g pasta
- 60g less fat cheddar cheese

Method

1. Dice the chicken into bite sized pieces.
2. On a separate chopping board
 - a. Peel and dice the onion
 - b. Peel and crush (or chop finely) the garlic clove
3. Place the fat into a saucepan (if you do not have any fat, use a few tablespoons of water (This will stop the chicken from sticking to the pan during cooking).
4. Switch the hob onto a medium setting, heat the fat, then add the chicken. Fry the chicken for 4-5 minutes until the chicken is white on all sides.
5. Add the onions and garlic to the saucepan and continue to cook for 2-3 minutes until the onions have softened.
6. Add the tomato passata, tomato puree, peas and 1tsp of mixed herbs.
7. Bring to the boil, turn down the heat and simmer for 20-25 minutes.
8. Season the sauce to taste.
9. Meanwhile, bring a large pan of water to the boil. Add the pasta and stir to make sure the pasta doesn't stick together. Cook the pasta according to the instruction on the pack. It should take approximately 10-12 minutes.
10. Once the pasta is cooked, remove from the heat and drain the water.
11. Remove the sauce from the heat, add the pasta and mix.
12. Preheat the grill.
13. Transfer the pasta and sauce into an ovenproof dish.

You do not need to grill the pasta bake; you could serve straight from the pan and sprinkle with the grated cheese.
14. Sprinkle the grated cheese over the top.
15. Place under the grill until the cheese has melted and turned golden brown (depending on how low fat your cheese is will determine how much the cheese melts).

SUGGESTIONS

If you have any spare vegetables in the cupboard, fridge or freezer, you could add these to your sauce.



NOTES

Important, check the date on your chicken, you may need to freeze it, until you need to use it.

Any leftovers can be cooled quickly and either stored in the fridge (these must be eaten within 48hrs) or in the freezer (eaten within a month of making).

Please ensure that food is defrosted before using or reheating.

When reheating food, you can reheat in the microwave or oven at 180°C fan for 20-25 minutes. The food must be piping hot in the centre of the dish.

SPANISH OMELETTE

SERVES 1-2



Ingredients

- 1 medium potato
- ½ onion
- ½ tbsp of oil/butter/margarine (fat)
- 3 eggs
- 40g frozen peas
- 30g less fat cheddar cheese
- Seasoning - salt and pepper



Method

1. Peel and thinly slice the potato, rinse the sliced potato and place into a saucepan, cover with a lid and bring to the boil. Boil the potatoes until just cooked (be careful not to overcook the potatoes).
2. Meanwhile, peel and thinly slice the onion.
3. Once potatoes have cooked, remove from the heat and drain the water from the sliced potato.
4. Crack the eggs into a bowl and beat with a fork and season.
5. Put the fat into a frying pan, place on the hob and heat.
6. Add the onions to the frying pan and fry on a medium to low heat for 2-3 minutes, the onions should start to soften.
7. Add the potatoes and fry for a further 5 minutes, ensure the potatoes are cooked.
8. Add the frozen peas and continue to fry until defrosted.
9. Pour the egg into the frying pan. Stir until the eggs begin to set.
10. Preheat the grill.
11. Once the omelette is cooked at least halfway through (the top will not be set) remove from the heat, sprinkle the top with the cheese and place under the grill until the omelette looks golden brown and the egg is set.

SUGGESTIONS

If you have any spare vegetables in the cupboard, fridge or freezer, you could add these to your omelette. You could also add ½ tsp mixed herbs.

NOTES

If you have any leftover, you can cool quickly, cover and refrigerate. Food must be consumed within 48 hours.



You do not need to grill the omelette; you could mix the cheese in with the egg before adding to the pan and then turn the omelette over in the pan. Don't worry if it breaks apart, it will become a cheesy Spanish scramble egg, which will be just as tasty.

LEEK & POTATO SOUP

SERVES 4



Ingredients

- 3 leeks
- 1 small onion or ½ large
- 500g potatoes
- 900ml of stock (chicken or vegetable)
- 1 tbsp oil/butter/margarine (fat)
- Seasoning - salt and pepper

Optional:
crusty bread or
try a toasted pitta
bread.



Method

1. Prepare the stock.
 - a. Boil the kettle
 - b. Place 2 stock cubes into a jug,
 - c. Measure 900mls of boiling water into the jug and dissolve the stock cubes (if your jug is too small, dissolve 1 cube at a time in 450ml of boiling water. Do this twice).
2. Prepare the vegetables.
 - a. Slice the leeks and wash them.
 - b. Peel and finely dice the onion.
 - c. Peel and chop the potatoes into even sized chunks, then wash them.
3. Heat the fat in a large pan over a low heat.
4. Add the leeks and onion and cook, stirring occasionally, for about 7 minutes, until softened but not coloured.
5. Add the chopped potatoes to the pan and cook, stirring occasionally, for 2-3 minutes.
6. Add the stock and bring to the boil, then reduce the heat, cover the pan with a lid and simmer gently for 30-35 minutes until the vegetables are very tender.
7. Season to taste with salt and pepper. Remove the pan from the heat and serve.

TIPS...

If you have any available, you could add a couple of diced carrots to this soup, providing extra sweetness and bright colour.

If you prefer a smoother textured soup, press the mixture through a sieve, using a spoon or ladle to push it through. Do not use a food processor or a hand blender, this will give you an unpleasant gluey texture.

Left over soup: cool quickly and store in the fridge, eat within 48 hours of making. You can also portion and freeze the soup. Defrost fully before reheating. Ensure the soup is piping hot before serving.



CHICKEN FRIED RICE

SERVES 2



Ingredients

- 125g long grain rice
- ½ onion
- 1 clove of garlic
- 1 chicken breast
- 2 eggs
- 1 tbsp oil/butter/margarine (fat)
- 100g frozen peas
- 1 tbsp light soy sauce



Method

1. Cook the rice according to the instructions on the packaging. Once cooked, drain and cool the rice quickly. This could be done in a sieve under a running cold tap.
2. Meanwhile,
 - a. Peel and finely dice the onion.
 - b. Peel and crush the garlic,
 - c. Crack the eggs into a small bowl and beat with a fork.
3. On a separate chopping board, slice the chicken into thin strips, or dice into bite size pieces.
4. Place the fat into a frying pan or a wok, heat on a medium-high heat.
5. Add the chicken to the pan and cook. (Ensure the chicken is cooked all the way through).
6. Add the onions, peas and garlic and continue to cook, stir while cooking.
7. Once the onion has softened, move the ingredients to one side of the frying pan (you can add a little more oil if required).
8. Pour the eggs onto the empty side of the frying pan and scramble the eggs until cooked with a wooden spoon.
9. Once the eggs are cooked, they can be mixed with the chicken and vegetables.
10. Add the cooked rice and soy sauce. Stir and continue to cook until the rice is piping hot.
11. Season to taste

TOP TIPS

You could try adding additional vegetables if you have any available.

Important: This dish should not be reheated once completely cooked due to a risk of food poisoning from the cooked rice. If you only want one serving, please half all the ingredients.



Creating a
community of
choices & chances



Contact us:

Principal - Miss D Gobbi

Oasis Academy Oldham
Hollins Road
Hollinwood
Oldham
OL8 4JZ

T. 0161 624 9630

E. admin.requests@oasisoldham.org

W. www.oasisacademyoldham.org

Creating a
community of
choices & chances

FIND US ONLINE



@OldhamOasis



www.facebook.com/OAOldham



www.oasisacademyoldham.org

SEE US ON INSTAGRAM



@oasisoldhamart
@oasisoldhamfood
@oasisoldhamMFL
@oasisoldhamscience
@oasisoldhamenglish
@oaoceiag
@oasfilm
@oaogeography
@oaoreligion