



Grub4life winter warmer 7 day menu – Family

Feeding a family and keeping everyone happy can feel like a total nightmare. It shouldn't be and it needn't be. There is no reason why you should be a slave to the stove to do so. Healthy eating menus need to be simple and fit in with your family's routine. Every family uses quick and easy meal recipes and some convenience products at some point during the week – this is not a sin. The trick is to plan, work smart and not too hard while keeping healthy eating in mind.

A great start is to aim to eat at the table as a family more often and get the whole family to join in and take part in getting the table laid and the food on the table. This Winter Warmer menu is here to help get you started. The menu is suitable for toddlers, school children and adults. It ticks all the healthy eating boxes, plenty of fruit and vegetables, oily fish once a week, white fish, pasta, legumes and pulses, white meat so you don't have to worry. The meal ideas are guaranteed to have a short prep time and will not break the bank. The meals are a combination of traditional family foods and something new- feel free to swap them around from day to day to fit in with family's schedule.

Keep breakfast simple, during the week, most families need to get up and go. We are fortunate to have a wide range of cereals available, ideally choose a plain cereal such as Weetabix, Ready Brek or Porridge. Enough said, have a look, have a go and enjoys meals together.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Porridge with apricots	Cereal / toast	Cereal / toast	Cereal / toast	Cereal / toast	Cereal / toast	Cereal / toast Fruit scones
Roast chicken Roast potatoes Glazed carrots Broccoli Baked apple and custard	Hummus and red pepper Granary rolls	Moroccan Vegetable stew with Rice	Minestrone soup Bread Banana	Mini Fallafels and pita bread Dried fruit Yoghurt	Chicken Guacamole sandwiches Fruit salad	Baked fish and potato wedges Minted Peas Cherry tomato salad
Boiled egg and soldiers Fruit salad Yoghurt	Chicken and Leek Stroganoff Carrot and cucumber sticks	Shepherd's pie Green salad Mixed Berry compote and crème fraiche	Jacket potato baked beans and cheese Coleslaw	Salmon Fish cakes and parsley sauce Mashed potato Mixed vegetables	Sausages and mash Homemade tomato and vegetables sauce	Pizza evening Ice cream

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Tips for each day:

Sunday

Sundays is a must for a roast, the good news is they're a favourite of all ages. Look out for bargain joints and whole chicken you can home freeze.

Monday

Use the leftover chicken for a quick and easy Monday evening meal. Hummus is a lunch box favourite, toddlers love to dip and eat. Hummus is made of chickpeas, which is a good source of protein, iron and fibre.

Tuesday

It is a myth that children only like bland food. Thousands of children have tucked into the Moroccan vegetable stew and given it a big thumbs up. This meal also does well in a Tupperware and heated up at work. It's perfect way to help you get 5 fruit and vegetables per day. There is no need for pudding every day, although we do need to bear in mind that toddlers have small appetites, smaller stomach capacity and are growing fast, ideally this age group should be having a second course with each main meal so keep some yoghurts or fromage frais in the fridge.

Wednesday

Soup is not just wholesome and filling, it is also cheap to prepare. With basic ingredients such as a tin of beans, left over vegetables (if you need to clear your fridge), a few rashers of bacon and pasta (another favourite of children) – you can serve a balanced meal.



By Wednesday you may be running out of steam so let the oven do it for you. Jacket potatoes are so versatile. Cheese and beans is only of the many filling options. Once the potatoes are done, this meal can be served within 5 minutes. Make a coleslaw with a lower fat mayonnaise and yoghurt, add dried fruit such as raisins and sultanas.

Thursday

Falafels are made of chickpeas (see recipe), they are perfect for a lunch box and as finger food for toddlers who love to feed themselves. Serve the falafels with pita bread and a cucumber yoghurt dip. If you really get stuck most supermarkets sell falafels readymade. Salmon is an oily fish and therefore a good source of omega 3 fatty acid. Salmon are available fresh and tinned salmon is no a less nutritious. Ideally we should have one portion of oily fish per week.

Friday

Sausages are processed meat; ideally we should only have processed foods once a week. They are easy to prepare, grilled being the healthiest option and are a good source of iron. Sausages were born to go with mash and gravy or for a change try our vegetable sauce, an easy way to disguise any disliked vegetables.

Saturday

Treat your family to fruit scones on a lazy weekend morning. The scones could be kept for snacks later on. Although we always associate fish with chips, try something different and serve baked potato wedges. Have fun together and get the kids involved with preparing their won pizza. You could either make your own pizza base, bread machines are also good at that, buy pizza bases or use pita pockets as a base. The tomato sauce recipe is good for pizza or try using passata from a jar- toppings like ham, leftover chicken, tuna, peppers, onions, sweetcorn, mushrooms and pineapple are all popular.



Recipes:

Mini Falafels (4-6 servings)

400g tinned chickpeas, rinsed and drained
1 small onion, finely chopped
1 clove garlic, peeled and chopped
1 tsp ground cumin
1 tbsp fresh coriander chopped
1 tsp ground coriander
2-4 tbsp flour
1-2 tbsp olive oil

1. Place the chick peas in a food processor with the onion, garlic, cumin and both types of coriander. 2. Blend until you have a smooth puree. Let the mixture rest for at least 30 minutes.
3. Take walnut-size portions (bigger for adults) and shape them into small, flat rounds 1cm thick.
4. Roll the falafels lightly in the flour and chill for 15-30 minutes.
5. Heat the oil in a frying pan and fry the falafels over a medium heat for about 10 minutes, turning frequently.
6. Serve with Mint and Cucumber Yoghurt Dip, cooked pasta shapes and slices of cucumber and red pepper.

Mint & Cucumber Yoghurt Dip

150 ml natural bio-yoghurt	1 clove garlic, peeled & crushed
2 tbsp mayonnaise	2 tsp chopped fresh mint (optional)
Juice of ½ lime	pinch salt
½ cucumber, chopped	

Place the yoghurt, mayonnaise and lime juice in a bowl and whisk with a fork. Add the cucumber, garlic and min, mix well, adding a pinch of salt to taste, if necessary. Cover and leave in the fridge for at least 1 hour before serving to allow the flavours to intensify.

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Chicken and Leek Stroganoff Serves 4

Sea salt and freshly ground black pepper

150g long-grain or basmati rice

1 large leek

A big handful of chestnut or oyster mushrooms

2 chicken breasts (left over chicken from the Sunday roast)

A knob of butter

A glass of white wine

A bunch of fresh parsley

285 ml single cream

1 lemon

1. Pour boiling water from the kettle into a large pan, place on a high heat and add a pinch of salt.
2. Add your rice, bring back to the boil, then turn the heat down slightly, Cook for the length of time given in the packet instructions.
3. Cut both ends off the leek, quarter lengthways, slice across thinly, then wash well under running water. Slice the mushrooms. Slice the chicken pieces into little-finger-size pieces.
4. Put a large frying pan on a high heat and add a good lug of olive oil and a knob of butter.
5. Add the leek to the pan with the white wine, a small glass of water and a good pinch of salt and pepper. Let it bubble away for 5 minutes, covered loosely with a piece of foil.
6. Meanwhile finely chop the parsley, stalks and all.
7. Remove the foil and add the chicken strips, most of the parsley, the cream and the mushrooms. Stir, bring back to the boil, then turn the heat down to medium and simmer for 10 minutes.
8. Drain your rice. Just before serving cut your lemon in half and squeeze the juice of one half into the stroganoff.

Moroccan Vegetable Stew with mashed potatoes (serves 4-6)

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1 aubergine, sliced thinly
1 red pepper, deseeded and halved
1 green pepper, deseeded and halved
Oil 2 tbsp
1 onion, peeled and finely chopped
1 clove garlic, crushed
1 teaspoon of mild chilli powder
1 teaspoon ground cumin
100g green lentils
225g can of chopped tomatoes
150ml vegetable stock or tomato juice
225g Greek yogurt (22.5g per tbsp)
5 large potatoes
Milk

1. Place the aubergine in a colander and sprinkle with a little salt. Cover with a weighted plate and leave to stand for 15 minutes.
2. In the meantime peel and chop potatoes for boiling. Cover with water and place on the heat.
3. Place the peppers in a hot oven or under the grill until the skin begins to char and blister. Place the halves in a plastic bag and leave to cool.
4. In a large pan heat the oil, add the onion, garlic, chilli powder and ground cumin and cook for 1-2 minutes.
5. Rinse the aubergine slices and cut in half, add to the pan along with the lentils.
6. After 1-2 minutes add the tomatoes and stock or tomato juice. Bring to the boil and simmer for 20-25 minutes.



7. Meanwhile, peel the skins from the peppers and cut into small pieces.
8. Add the peppers to the stew.
9. Mash the potatoes with some milk.
10. Serve 1-2 scoops of potato with a similar amount of stew and top with ½ a tablespoon of Greek yogurt.

Shepherds pie (serves 4-6)

1 onion

1 red pepper

2 carrots - peeled and grated

2 tsp dried parsley

2 tbsp Oil

450g (1lb) lean minced lamb

250ml (8floz) chicken stock

1 tsp marmite

100g (4oz) mushrooms - washed and sliced

450g (1lb) potatoes - peeled and chopped

2tsp margarine, dash of milk

Preheat oven to 180c, 350F, Gas4

1. Soften the onion, pepper, grated carrot and parsley in a frying pan with a little oil.
2. Add minced lamb, brown and drain off any excess fat.

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3. Add chicken stock and marmite and Simmer for 20 minutes.
4. Add the mushrooms to the mixture and cook for further 5 mins
5. Spoon mixture into a large dish.
6. To make the topping, boil the potatoes for mash. When soft, mash with margarine and milk. Spread over the meat, and make peaks by running a fork over the surface.
7. Cook in the oven for 15 mins.
8. Serve with vegetables.

Mixed berry compote with crème fraiche (serves 4-6)

500g (16oz) Frozen fruits of the forest

50g (1/12oz) sugar

Crème fraiche

1. Put all the fruit into a heavy saucepan, and sprinkle the sugar over the top. Simmer for 10-12 minutes.
2. Serve hot or cold with vanilla ice cream

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Salmon fishcakes with parsley sauce, potato wedges and green vegetables (serves 4-6)

1 large can of tuna or salmon in spring water 170-180g drained weight

1 onion- finely chopped

8-10 medium potatoes

1 egg-beaten

250ml milk

100g Oats or crushed cornflakes

2 tbsp oil for basting

5 large baking potatoes 160g

1 tbsp Oil 11g

Frozen peas (50g each)

Serve with parsley sauce – see recipe below

1. Pre-heat oven to 180c, 350F, Gas 4

2. Peel and dice potatoes for mashing, boil until tender and mash. Add the onion and fish to the mash, season with a little pepper. Mix well.

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3. Divide the mixture into twelve, and shape into patties(fishcakes).
1. Mix the beaten egg and milk in a bowl.
2. Place the oats/cornflakes in a large flat dish.
3. Dip each fishcake in the egg wash, then into the oats or cornflakes, evenly coat the fishcake.
4. Place the oat covered fishcake onto a greased oven tray.
5. Before baking, brush the top of each fishcake with a little oil, bake for 15-20 minutes, or until the oats are golden brown.
6. Pre heat a different oven to Gas 7, 425F, 220c
7. Cut the potatoes into 10 wedges each.
8. Part boil the wedges for 6-7 mins.
9. Place onto a baking sheet and brush with oil, season and put into the oven. Cook for 20 mins or until golden brown.
10. Add boiling water to the frozen peas and cook for approx 4 mins.
11. Serve a fish cake, 5 wedges and a 1-2 tbls peas with parsley sauce.

Parsley sauce (serves 4-6)

Cornflour - 30g

Milk - 660 ml

Flat leaf parsley .

1. Make a paste with a little of the cold milk and cornflour.
2. Bring the rest of the milk to the boil.
3. Stir in the paste until the sauce thickens up.
4. Take off the heat and stir in the chopped parsley.
5. Serve.



Homemade tomato sauce (makes 2 litres and freezes brilliantly)

3 Onions

1 stalk Celery

1 Leek

2 Carrot

4 cloves Garlic

3 cans chopped tomato

100g Tomato puree

400ml vegetable stock

Fresh or dried basil and oregano – pinch of each

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1. Roughly chop the peeled and washed onion, celery, leek, carrot and crushed garlic.
2. Put in medium saucepan with the oil, crumbled bouillon and herbs.
3. Sweat on a medium heat uncovered for approximately 15 minutes.
4. Add tomato puree and cook for 1 minute more.
5. Add the tinned tomatoes, bring to the boil and simmer for 1 hour on a very low heat.
6. Blitz. Sauce is ready.

Baked fish with sweet potato mash and vegetables (serves 4-6)

400g skinless white fish hake, whiting, plaice, coley or cod

400g skinless, boneless salmon fillets

1 large onion finely diced

a little garlic puree

2 carrots peeled and grated

1 red pepper

4oz mushrooms

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1x400g can tomatoes
2 tbsp tomato puree

3oz grated cheese

pinch of mix herbs

4x courgettes thinly sliced

50g each broccoli and cauliflower

1. Pre heat the oven to 375f 190c gas 5
2. Fry onions, garlic, mixed herbs, mushrooms and peppers until soft
3. Add tomato puree and tomatoes
4. Put fish in the bottom of serving tins
5. Cover with the thinly sliced courgettes
6. Cover with the tomato mixture
7. Sprinkle with cheese
8. Cook for 25-35 mins or until cooked
9. Serve with sweet potato mash