

## Low cost menu ideas (assuming water is the drink), less than 75p.

### Day 1

Tuna and sweetcorn pasta salad, an apple, small tub of rice pudding

Or

Rice with peas and sweetcorn, a boiled egg, a portion of grapes, a small slice of a malt loaf

### Day 2

Egg salad sandwich, small tub of tinned pineapple, slice of fruit cake with soft cheese spread

Or

Ham and cheese salad sandwich, a banana, 3 oatcakes

### Day 3

Ham and soft cheese sandwich, a banana, small tub of carrot sticks

Or

Cheesy tuna and pea pasta salad, a portion of grapes, a fromage frais

### Day 4

Beef and tomato salad sandwich, tub of rice pudding and raisins, a banana

Or

Mixed bean and sweetcorn rice salad, small handful of dried fruit, a portion of grapes

### Day 5

Mackerel potato salad, a slice of fruit loaf, cherry tomatoes

Or

Ham, pea and soft cheese pasta salad, small slice of plain sponge cake, an apple