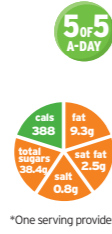


Monday

Breakfast

Toast with jam **V**
Toast 8 slices wholemeal bread. Spread with Butterlicious and basics strawberry jam, and serve with a portion of seedless raisins.

*Traffic light labelling values for one adult serving based on 2 slices bread, 12g Butterlicious, 30g basics strawberry jam, 30g raisins, using the nutrition information on Sainsbury's branded products.



Lunch

Ham, cheese and salad sandwich
Spread 8 slices wholemeal bread with Butterlicious. Top 4 of the slices with round lettuce leaves, grated British mild Cheddar and wafer thin honey roast ham. Top with the remaining slices of bread and cut each sandwich into quarters. Serve with some carrots, peeled and chopped into batons, and 4 basics apples, cored and cut into wedges.

*Traffic light labelling values for one adult serving based on 2 slices bread, 12g Butterlicious, 30g lettuce, 22.5g Cheddar, 17.5g ham, 50g carrots, 81.25g apples, using the nutrition information on Sainsbury's branded products.



Dinner

Meatballs with spaghetti

Serves 4 **Prep time:** 15 minutes **Cook time:** 25 minutes

½ x 700g pack lean beef steak mince
1 teaspoon dried mixed herbs
1 clove garlic, peeled and crushed
1 tablespoon olive oil
1 x 440g jar basics tomato pasta sauce
350g carrots, peeled and chopped
350g basics frozen British garden peas
350g basics spaghetti
30g British mild Cheddar, finely grated

2 Pour in the pasta sauce. Bring to a gentle simmer and cook for 10 minutes. If the sauce is a little thick, add a few tablespoons of boiling water. Meanwhile, cook the carrots in a pan of boiling water for 8 minutes, adding the peas for the final 2 minutes, then drain and stir into the meatballs.
3 Meanwhile, cook the pasta in a pan of boiling water, following pack instructions, then drain.
4 Serve the spaghetti in bowls, topped with the meatballs and tomato sauce and sprinkled with Cheddar.

1 In a bowl, mix together the mince, herbs and garlic, then shape into 12 balls. Heat the oil in a pan and cook the meatballs for 10 minutes over a medium heat, turning, until golden.



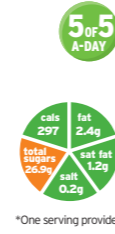
*Traffic light labelling values for one adult serving based on 87.5g lean beef mince, ¼ teaspoon dried mixed herbs, 0.75g garlic, ¼ tablespoon oil, 110g basics pasta sauce, 87.5g carrots, 87.5g peas, 87.5g pasta, 7.5g Cheddar, using the nutrition information on Sainsbury's branded products. Remember to wash hands after handling raw meat.
From your store cupboard: 1 teaspoon dried mixed herbs, 1 clove garlic, 1 tablespoon olive oil

Tuesday

Breakfast

Cereal and banana **V**
Chop 4 basics bananas over 4 bowls of Bitesize Shredded Wheat served with 1% fat milk.

*Traffic light labelling values for one adult serving based on 1 banana, 40g Bitesize Shredded Wheat, 125ml milk, using the nutrition information on Sainsbury's products and branded products.



Lunch

Ploughman's sandwich **V**
Spread 8 slices wholemeal bread with Butterlicious. Spread 4 of the slices with a little basics sweet pickle and add some grated British mild Cheddar and thinly sliced cucumber. Top with the remaining 4 slices of bread and cut into quarters. Serve with carrots, peeled and cut into batons, and red seedless grapes.

*Traffic light labelling values for one adult serving based on 2 slices bread, 12.5g Butterlicious, 25g pickle, 37.5g Cheddar, 43.75g cucumber, 50g carrots, 82.5g grapes, using the nutrition information on Sainsbury's branded products.



Dinner

Chinese vegetable stir-fry

Serves 4 **Prep time:** 10 minutes **Cook time:** 15 minutes

500g easy cook rice
2 tablespoons olive oil
1 x 700g pack basics stir-fry mix
½ x 600g pack basics peppers, deseeded and sliced
1 clove garlic, peeled and finely chopped
1 x 175ml pouch Chinese sauce
½ x 200g pack salted peanuts, crushed

1 Cook the rice following pack instructions.
2 Meanwhile, heat the oil in a large pan or wok over a medium-high heat, then add the stir-fry mix and peppers. Cook for 3 minutes, stirring continuously, then add the garlic and cook for another minute.
3 Stir in the sauce and cook for a further 2 minutes. Stir through the peanuts then serve with the rice.



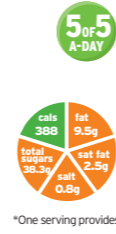
*Traffic light labelling values for one adult serving based on 125g rice, ½ tablespoon oil, 175g basics stir-fry mix, 75g peppers, 0.75g garlic, 43.75ml Chinese sauce, 25g salted peanuts, using the nutrition information on Sainsbury's branded products.
From your store cupboard: 2 tablespoons olive oil, 1 clove garlic

Wednesday

Breakfast

Toast with jam **V**
Toast 8 slices wholemeal bread. Spread with Butterlicious and basics strawberry jam, and serve with a portion of seedless raisins.

*Traffic light labelling values for one adult serving based on 2 slices bread, 12.5g Butterlicious, 30g basics strawberry jam, 30g raisins, using the nutrition information on Sainsbury's branded products.



Lunch

Tuna and cucumber sandwich
Spread 8 slices wholemeal bread with Butterlicious. Drain 1 x 400g tin tuna chunks in spring water and place in a bowl. Mash with 4 tablespoons basics mayonnaise and spread over 4 of the slices of bread. Add slices of cucumber, top with the remaining 4 slices of bread and cut the sandwiches into quarters. Serve with carrots, peeled and cut into batons, and red seedless grapes.

*Traffic light labelling values for one adult serving based on 2 slices bread, 12.5g Butterlicious, 75g tuna, 1 tablespoon mayonnaise, 43.75g cucumber, 50g carrots, 82.5g grapes, using the nutrition information on Sainsbury's branded products.



Dinner

Sausage, butter bean and tomato hotpot

Serves 4 **Prep time:** 15 minutes **Cook time:** 50 minutes

2 tablespoons olive oil
12 frozen thick pork sausages
2 cloves garlic, peeled and finely chopped
1 tablespoon tomato purée
1 x 410g tin butter beans in water, drained
1 x 400g tin basics peeled plum tomatoes
1 teaspoon dried mixed herbs
1 x 500g pack dried country vegetable mixture
½ x 400g pack basics mushrooms, chopped
600ml vegetable stock (½ x stock cube)

1 Heat the oil in a pan and cook the sausages from frozen for 8 minutes, until golden. Remove from the pan and cut into bite-sized pieces.
2 Add the garlic and tomato purée to the pan and fry for 1 minute. Return the sausages to the pan and add the butter beans, tomatoes, mixed herbs, country vegetable mixture, mushrooms and stock. Bring to the boil, cover and simmer for 40 minutes, stirring occasionally, then serve.



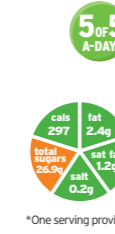
*Traffic light labelling values for one adult serving based on ½ tablespoon oil, 3 pork sausages, 1.5g garlic, ¼ tablespoon tomato purée, 58.75g butter beans, 100g peeled plum tomatoes, ¼ teaspoon dried mixed herbs, 125g country vegetable mixture, 50g mushrooms, ¼ x stock cube, using the nutrition information on Sainsbury's branded products.
From your store cupboard: 2 tablespoons olive oil, 2 cloves garlic, 1 tablespoon tomato purée, 1 teaspoon dried mixed herbs, ½ x stock cube

Thursday

Breakfast

Cereal and banana **V**
Chop 4 basics bananas over 4 bowls of Bitesize Shredded Wheat served with 1% fat milk.

*Traffic light labelling values for one adult serving based on 1 banana, 40g Bitesize Shredded Wheat, 125ml milk, using the nutrition information on Sainsbury's products and branded products.



Lunch

Bacon, lettuce and tomato sandwich
Grill 8 rashers unsmoked back bacon for 2-3 minutes, until crisp and golden. Remove, drain on kitchen paper and allow to cool. Cut each rasher in half. Thinly spread 4 slices wholemeal bread with Butterlicious and 4 slices with basics mayonnaise. Arrange lettuce leaves on 4 of the slices of bread. Add slices of tomato and the bacon, then top each with another slice of bread. Cut in half and serve with carrots, peeled and cut into batons, and basics apples, cut into wedges. Finish your lunch with a pot each from 1 x 4-pack basics 2% fat yogurts.

*Traffic light labelling values for one adult serving based on 2 rashers bacon, 2 slices bread, 12.5g Butterlicious, 30g mayonnaise, 30g lettuce, 50g tomatoes, 50g carrots, 81.25g apples, 125g yogurt, using the nutrition information on Sainsbury's branded products.



Dinner

Cottage pie with vegetable mash topping

Serves 4 **Prep time:** 20 minutes **Cook time:** 1 hour

2 tablespoons olive oil
1 medium onion, peeled and finely chopped
1 clove garlic, peeled and finely chopped
½ x 700g pack lean beef steak mince
1 tablespoon tomato purée
1 teaspoon dried mixed herbs
200ml beef stock (1 stock cube)
400g sweet potatoes, peeled and chopped into 4cm chunks
300g basics potatoes, peeled and chopped into 4cm chunks
300g carrots, peeled and chopped
30g Butterlicious
380g basics frozen British garden peas

adding the garlic for the last minute. Turn up the heat to medium-high, add the mince and cook for 5 minutes.
2 Stir through the tomato purée and mixed herbs, then pour in the stock. Bring to the boil, then simmer for 15 minutes, until thickened.
3 Preheat the oven to 200°C, fan 180°C, gas 6. Cook the sweet potatoes, potatoes and carrots in a pan of boiling water for 10 minutes, until soft. Drain and mash with the Butterlicious.
4 Spoon the mince mixture into a 1.5-litre baking dish and top with the mash. Bake in the oven for 20 minutes.
5 Cook the peas in boiling water for 2 minutes. Drain and serve as a side.



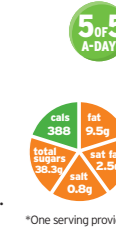
*Traffic light labelling values for one adult serving based on ½ tablespoon oil, 41.25g onion, 0.75g garlic, 87.5g lean beef mince, ¼ tablespoon tomato purée, ¼ teaspoon dried mixed herbs, ½ x stock cube, 100g sweet potatoes, 75g potatoes, 75g carrots, 75g Butterlicious, 95g peas, using the nutrition information on Sainsbury's branded products.
From your store cupboard: 2 tablespoons olive oil, 1 clove garlic, 1 tablespoon tomato purée, 1 teaspoon dried mixed herbs, 1 beef stock cube

Friday

Breakfast

Toast with jam **V**
Toast 8 slices wholemeal bread. Spread with Butterlicious and basics strawberry jam, and serve with a portion of seedless raisins.

*Traffic light labelling values for one adult serving based on 2 slices bread, 12.5g Butterlicious, 30g basics strawberry jam, 30g raisins, using the nutrition information on Sainsbury's branded products.



Lunch

Egg mayonnaise and cress sandwich **V**
Spread 4 slices wholemeal bread and 4 slices white bread with Butterlicious. Chop 4 hard-boiled free-range Woodland eggs and mix together with 2 tablespoons basics mayonnaise, then spread over the white bread. Sprinkle each with cress, then top with the wholemeal bread. Cut the sandwiches in half and serve with peppers, deseeded and sliced into batons, and red seedless grapes.

*Traffic light labelling values for one adult serving based on 2 slices bread, 12.5g Butterlicious, 1 egg, ½ tablespoon basics mayonnaise, 5g cress, 75g peppers, 82.5g grapes, using the nutrition information on Sainsbury's branded products.



Dinner

Salmon pasta with mushrooms and broccoli

Serves 4 **Prep time:** 10 minutes **Cook time:** 15 minutes

1 tablespoon olive oil
2 onions, peeled and sliced
1 clove garlic, peeled and finely chopped
½ x 400g pack basics mushrooms, sliced
2 x 105g tins skinless & boneless pink salmon
1 x 500g pack basics pasta shapes
½ x 1kg frozen broccoli florets

Stir in the mushrooms and cook for a further 5 minutes, until golden brown. Drain the salmon and stir in. Heat through for 1 minute.
2 Meanwhile, cook the pasta following pack instructions.
3 Cook the broccoli in a pan of boiling water for 3 minutes, then drain. When cooled a little, roughly slice.
4 Drain the pasta and stir through the salmon sauce and broccoli. Serve immediately.



*Traffic light labelling values for one adult serving based on ½ tablespoon oil, 82.5g onion, 0.75g garlic, 50g mushrooms, 45g pink salmon, 125g pasta, 125g broccoli, using the nutrition information on Sainsbury's branded products.
From your store cupboard: 1 tablespoon olive oil, 1 clove garlic