



Weekly meal planner for a single person



	Breakfast	Lunch	Dinner	Notes
Monday	2 pieces of toast, with a tbsp of jam or peanut butter, served with a sliced banana	*Jacket potato, with 1 tsp of butter, half a tin of tuna, half a tin of sweetcorn and mayo if available	Tin of soup served with two pieces of bread and butter. Biscuits and a brew	*Jacket potato made in the microwave is more economical
Tuesday	Porridge/cereal portion with milk and a tbsp of peanut butter or jam	2 pieces of toast with butter, half a tin of beans*. Add grated cheese if available	Cook 100g of rice or pasta and drain. Serve with half tin of meat meal and half tin of veg	* If you have other sauces or spices you can add to flavour the beans
Wednesday	Porridge/cereal portion with milk and a tbsp of peanut butter or jam	2 pieces bread, with butter. Mix half tin of tuna and half tin of sweetcorn. Serve with cuppa soup sachet	Instant noodle/pasta/rice served with half tin of veg or meat meal. Half tin of rice pudding/dessert	
Thursday	2 pieces of toast with butter, half a tin of beans and 2 eggs*	Cook 100g of pasta and drain. Warm quarter jar cooking sauce and mix with half tin of sweetcorn. Add grated cheese if available	Tin of soup served with two pieces of bread and butter. Biscuits and a brew	*Breakfast eggs could be boiled, fried, poached or scrambled. Scrambled and poached eggs can be made in the microwave
Friday	Porridge/cereal portion with milk and a tbsp of peanut butter or jam	2 pieces of toast with butter. Serve with eggs* and a cuppa soup sachet	Cook 100g of rice or pasta and drain. Serve with half tin of meat meal and quarter jar of cooking sauce	*Eggs could be made into an omelette, fried, scrambled etc
Saturday	2 pieces of toast, with a tbsp of jam or peanut butter, served with a sliced banana.	Cook 100g of pasta and drain. Warm quarter jar pasta sauce. Add grated cheese if available	*Jacket potato with half a tin of beans. Half tin of rice pudding or dessert and tin of fruit	Jacket potato made in the microwave is more economical
Sunday	Porridge portion with milk and a tbsp of peanut butter or jam	2 pieces of toast with butter. Serve with eggs* and a cuppa soup sachet	Cook 100g of rice or pasta. Serve with half tin of meat meal and half tin of veg, quarter jar cooking sauce.	*Eggs could be made into an omelette, fried, scrambled etc

Tbsp - Tablespoon

Tsp—Teaspoon