

# Wirral FoodBank

## Menu Guide

Here are a few ideas about how you can cook the food supplied in your box. When some of the items are unavailable we sometimes have to make substitutions, but this menu planner should give you a basic idea of the kinds of meals you can create. If you have any suggestions on how we can improve this guide please let us know via the person who gave you this box, thank you.

### DAY 1

**Breakfast** Cereal, fruit juice & tea

**Lunch** 2 x soup

Half packet pasta

*Heat both tins of soup together. Cook half a packet of dry pasta in a pan of boiling water for 10-12 minutes. Mix the soup and the pasta together.*

**Dinner** Ham hash (or tinned meat) with beans, potatoes/or vegetables

Rice pudding and tinned fruit

*Cut the ham (or meat) and the potatoes /or vegetables up into small chunks. Heat up 2 tins baked beans and add the meat and potatoes/or vegetables.*

*Serve the rice pudding (hot or cold) on top of the fruit*

### DAY 2

**Breakfast** Cereal and tea

**Lunch** Corned Beef (or tinned meat) Pasta with tomatoes and Beans

*Mix together 1 tin of tomatoes, 1 tin of baked beans and heat through. Cut the corned beef (or meat) into chunks and add to the bean mixture. Cook half a packet of pasta in boiling water for 10-12 minutes and add to the Bean mixture.*

**Dinner** Tuna and pasta with vegetables

Tinned fruit

*Mash up the tuna with a fork and add 1 tin of vegetables e.g. tinned tomatoes (or other vegetables). Heat this through. Cook half packet of pasta in boiling water for 10-12 minutes. Mix together.*

### DAY 3

**Breakfast** Cereal and tea.

**Lunch** Soup with pasta

*Mix together 2 cans of soup and heat through. Cook half packet of pasta in boiling water for 10-12 minutes, drain off water and add to soup.*

**Dinner** Pasta with tomatoes and baked beans and vegetables

*Open 2 tins tomatoes and mix up with a fork. Add these to a pan with 1 tin baked beans, 1 tin of vegetables, chopped up. Heat through. Cook half packet pasta in boiling water for 10-12 minutes. Serve with tomato sauce on top.*

## **Pasta bake**

**Serves 4 (half the ingredients for a smaller dish or store leftovers in the fridge and eat cold the next day)**

### **Ingredients**

250g Macaroni or other pasta shapes

400g tinned tomatoes or 1 jar of pasta sauce or 1 tin of cream of mushroom or cream of chicken soup

Tinned tuna (optional)

Tinned vegetables (e.g. a tin of beans/mushrooms/sweet corn/carrot slices)

Tinned pulses (e.g. kidney beans/borlotti beans/canelloni beans/baked beans or other tinned beans) (optional)

### **Method**

1. Preheat oven to Gas mark 4/ 180 °/fan oven 160°
2. Cook macaroni or pasta shapes according to packet instructions and drain
3. Heat tinned tomatoes or soup or pasta sauce along with tinned vegetables and tinned pulses and simmer for 5 minutes.
4. Combine the pasta and vegetables.
5. Transfer to a baking dish and bake for 20 minutes.

## **Tuna pasta bake**

### *Ingredients*

Tinned tuna (or other fish tinned in brine/spring water/oil)

Pasta

Cream of tomato soup

Tinned sweetcorn/mushrooms  
cornflakes, crushed

1. Preheat oven to Gas mark 4/ 180 °/fan oven 160°
2. Cook pasta shapes as per packet instructions
3. Mix tinned tuna (drained) with cream of tomato soup and tinned sweet corn/tinned mushrooms and the cooked pasta.
4. Transfer to baking dish, top with an even sprinkling of cornflakes and bake for 30-35 minutes, until sauce is bubbling.

## **Cottage pie**

### *Ingredients*

Tinned mince

Instant mashed potato

Tinned vegetables (e.g. peas/carrots/beans)

### *Method*

1. Preheat oven to 190°C/375°F/gas mark 5/170° fan oven.
2. Empty tin of minced beef and onions into baking dish.
3. Prepare instant mashed potato as per packet instructions and place on top of minced beef mixture.
4. Cook for 40-45 minutes
5. Serve with tinned vegetables heated as per instructions on tin.