

Family Food Box 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.

Breakfast Cereal, fruit juice, and tea

DAY 1

Lunch Soup with pasta

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

Dinner Ham hash (or tinned meat) with beans, potatoes/or vegetables
Rice pudding and tinned fruit

Cut up the ham (or meat) and the potatoes/or vegetables into small chunks. Heat up 2 tins of baked beans and add the meat and potatoes/or vegetables. Serve the rice pudding (hot or cold) on top of the fruit

Breakfast Cereal, fruit juice, and tea

DAY 2

Lunch Corned beef (or tinned meat) and pasta, with tomatoes and beans

Mix together 1 tin of tomatoes and 1 tin of baked beans in a saucepan 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 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.

Breakfast Cereal, fruit juice, and tea

DAY 3

Lunch Soup with pasta

Mix together 2 cans of soup in a pan 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, baked beans, and vegetables

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