

BREAKFAST

LUNCH

DINNER



STUDENT SAVER MENU

£

£

£

£

£

£

£

£

£

£

£

£

£

£



BREAKFAST

LUNCH

DINNER

APPLE PORRIDGE



485KCAL

40g of porridge oats
1 apple, chopped
200ml milk
12g of chopped walnuts
drizzle of honey



55P/PORTION

Put the oats and milk in a small pan and cook, stirring for 5 mins until creamy. Stir in apple chunks and cook for 2 mins. Ladle into a bowl and drizzle with honey. Add chopped walnuts.

BEANS ON TOAST WITH CHEESE



432KCAL

2 slices of wholemeal bread
½ tin of baked beans
2 tbsp of grated cheese



50P/PORTION

Toast the bread in a toaster. Heat up beans and place on the bread, sprinkle with grated cheese.

VEGETABLE SOUP WITH FRIED HAM SANDWICH



548KCAL

1/2 tinned vegetable soup
2 slices of wholemeal bread
1 egg
2 slices of ham
1 tsp of olive oil



£1.05/PORTION

Place ham between bread slices. Beat the egg with a fork, dip the sandwich in the egg and fry in a hot pan with olive oil. Eat with warmed soup.

WEETABIX WITH MILK, MANGO AND BANANA



498KCAL

3x Weetabix
200ml of milk
Banana, chopped
1 cup mango chunks



85P/PORTION

Place Weetabix in a bowl, pour milk and add chopped banana and mango chunks.

TUNA PASTA WITH SWEETCORN



437KCAL

100g tinned tuna
½ tin of sweetcorn
63g pasta
1 tbsp of mayonnaise



£1.10/PORTION

Cook pasta according to instructions, and drain. Mix with tuna, sweetcorn and mayo; season with salt and pepper.

JACKET POTATO WITH BAKED BEANS AND CHEESE



486KCAL

1 baked potato
½ tin of baked beans
2 tbsp of grated cheese



55P/PORTION

Wash the potato under warm water, prick it several times with a fork, and microwave it on full power for 10 minutes, turning it around halfway. When soft, halve with a knife, place warmed beans on potato and sprinkle with cheese.

TOAST WITH JAM AND PEANUT BUTTER



560KCAL

2 slices with wholemeal bread
2 tsp of jam
2 tsp of peanut butter
Fresh orange



30P/PORTION

Toast the bread to your liking, spread the peanut butter and then jam. Enjoy with a juicy orange.

VEGETABLE SOUP AND TUNA MAYO SANDWICH



627KCAL

½ tinned vegetable soup
2 slices of wholemeal bread
½ tinned tuna
1 tbsp of mayo



70P/PORTION

Warm up your soup and toast the bread. Mix tuna with mayo, season with salt and pepper and spread on toast.

CHICKEN CURRY WITH RICE (2 PORTIONS)



801KCAL

Tray of chicken thigh fillets
Jar of curry sauce
40g of rice
2 tbsp of olive oil



£2.60/PORTION

Cut chicken fillets into small chunks and fry in a hot pan with olive oil till cooked. Add chosen curry sauce and simmer for 10 minutes. Meanwhile, cook the rice in boiling water, then serve with ½ of the portion of chicken curry.

PORRIDGE WITH FRESH FRUIT



505KCAL

40g of porridge oats
200ml of milk
Drizzle of honey
Fresh fruit chopped



60P/PORTION

Cook oats in milk until soft and creamy. Place in a bowl, add fresh chopped fruit and drizzle with honey.

VEGETABLE OMELETTE



435KCAL

2 eggs
1 tbsp of olive oil
A cup of frozen veg
Sprinkle of cheese



98P/PORTION

Heat olive oil in a pan, add frozen veg and fry till soft. Beat the eggs and pour the mixture onto a pan. Allow to cook for 2 min and sprinkle some cheese on top. Place under the grill until cheese is melted.

BACON AND VEGETABLE PASTA



605KCAL

2 bacon rashers
50g of pasta
1 cup of frozen vegetable
½ tin of chopped tomatoes
1 tbsp of olive oil



85P/PORTION

Cut the bacon rashers into small chunks and fry in olive oil till crispy. Add frozen veg and chopped tomatoes. Simmer till vegetables are cooked. Meanwhile, boil pasta. Drain and mix into the vegetable sauce.

SCRAMBLED EGGS ON TOAST



517KCAL

2 slices of wholemeal bread
2 eggs
1 tsp olive oil
Salt, pepper
Fresh banana



70P/PORTION

Beat the eggs with a fork and fry them in heated olive oil. Meanwhile, toast your bread. Place scrambled eggs on toasted bread and season to your liking. Eat a banana for dessert.

JACKET POTATO WITH CHICKEN CURRY



535KCAL

Leftover chicken curry
1 jacket potato



£2.80/PORTION

Wash the potato under warm water, prick it several times with a fork and place it on a plate in the microwave. Microwave for 10 minutes, turning it around halfway. When soft, halve with a knife, place warmed chicken curry on potato and enjoy.

BOLOGNESE (2 PORTIONS)



592KCAL

250g beef mince
2 tbsp of olive oil
100g pasta
Tin chopped tomatoes
Salt and pepper



£2.80/PORTION

Heat olive oil in a pan, add minced meat and fry until brown, stirring occasionally. Add chopped tomatoes and fry for 10 minutes, season to your liking. Meanwhile, boil pasta. Mix pasta with beef Bolognese. Divide into 2 portions.

CORNFLAKES WITH MILK AND BLUEBERRIES



458KCAL

50g cornflakes
200ml milk
Handful of fresh blueberries
1 banana
Drizzle of honey



£1.12/PORTION

Place cornflakes into a bowl, pour over the milk, add fresh blueberries, banana and drizzle with honey.

BOLOGNESE



592KCAL

Eat the second portion of the pasta Bolognese.



£2.80/PORTION

Re-heat your food throughout and enjoy!

SAUSAGE FRIED RICE



896KCAL

½ packet Cumberland sausages, sliced
1 tbsp olive oil
40g rice
1 egg
1 cup of frozen vegetable
Salt and pepper



£1.12/PORTION

Boil rice according to instructions. Heat olive oil in a pan, add sliced sausages and fry till brown; add frozen vegetables and fry for a few minutes. Add boiled rice and stir together. Beat the egg and stir into a fried mixture. Season and serve.

SPICY AVOCADO TOAST WITH POACHED EGG



478KCAL

2 slices of wholemeal bread
1 egg
2 tsp of butter
Avocado sliced
1 tsp of chilli flakes



82P/PORTION

Toast bread and spread butter over it. Slice avocado and put on your toast. In a pan, heat water till simmering; crack an egg into a cup and slip it into the water. Turn off the heat and let the egg cook for 4 minutes. Gently scoop out the egg and place it on your toast. Sprinkle some chilli flakes and season with salt and pepper.

MINSTRONE SOUP WITH SAUSAGE SARNIE



787KCAL

½ tin minestrone soup
2 slices of wholemeal bread
½ packet of sausages
ketchup
1 tbsp of olive oil



£1.05/PORTION

Warm up the soup. Toast bread to your liking and spread some ketchup. Fry sliced sausages in heated olive oil. Place on bread and enjoy!

CHICKEN ROAST WITH VEG TRAY BAKE



450KCAL

500g chicken drumsticks
1 cup frozen veg
160g new potatoes, cut into chunks
2 tbsp olive oil
Salt and pepper



£2.10/PORTION

Preheat the oven to 180 degrees. Place chicken into an oven-proof dish and add frozen vegetables and chunks of potatoes. Season with salt and pepper, drizzle olive oil, toss everything together, cover, and roast for 60 minutes until cooked. Stir occasionally to ensure even cooking.