

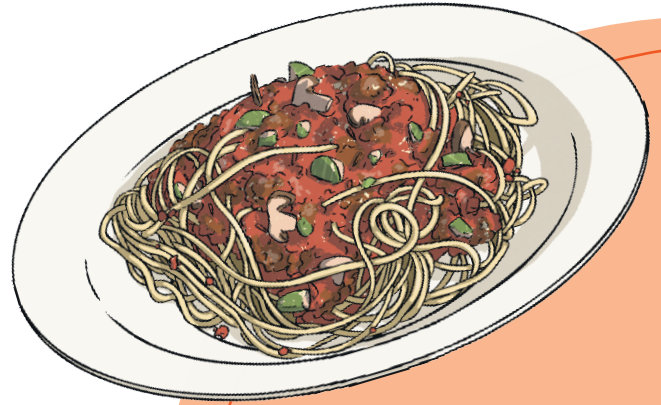


# Menu Ideas Using Mince or Mince Substitute

Use a supermarket website to price the ingredients for each of the menu ideas.

Remember to take into account how many people each one serves.

Spaghetti Bolognese (Serves 4 People)	
Ingredients	Cost
Mince/mince substitute	
Oil	
Dried spaghetti	
Onion	
Tinned tomatoes or passata	
Dried herbs	
<b>Total Cost:</b>	



Cottage Pie (Serves 4 People)	
Ingredients	Cost
Mince/mince substitute	
Oil	
Gravy granules	
Onion	
Carrot	
Potatoes	
Milk	
<b>Total Cost:</b>	



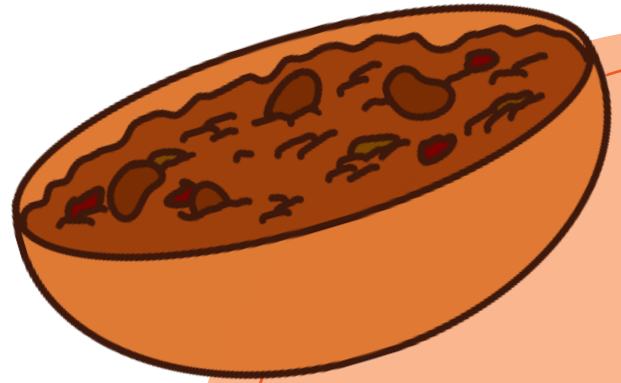


# Menu Ideas Using Mince or Mince Substitute

Use a supermarket website to price the ingredients for each of the menu ideas.

Remember to take into account how many people each one serves.

Chilli Con Carne (Serves 4 People)	
Ingredients	Cost
Mince/mince substitute	
Oil	
Tinned tomatoes	
Tinned kidney beans	
Onion	
Red pepper	
Smoked paprika	
<b>Total Cost:</b>	



Which menu idea is the least expensive?

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Which menu idea is the most expensive?

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# Menu Ideas Using Chicken or Meat Substitute

Use a supermarket website to price the ingredients for each of the menu ideas. Remember to take into account how many people each one serves.

Chicken/Meat Substitute Stir Fry (Serves 3 People)	
Ingredients	Cost
Chicken/meat substitute	
Oil	
Onion - brown, red or spring	
Red or green pepper	
Mushrooms	
Soy sauce	
Noodles or rice	
<b>Total Cost:</b>	

Chicken/Meat Substitute Dinner (Serves 3 People)	
Ingredients	Cost
Chicken or meat substitute	
Potatoes	
Vegetable 1 (own choice)_____	
Vegetable 2 (own choice)_____	
Gravy granules	
<b>Total Cost:</b>	



Chicken/Meat Substitute Fajitas (Serves 3 People)

Ingredients	Cost
Chicken or meat substitute	
Oil	
Red or green pepper	
Onion - red or brown	
Fajita seasoning	
Tortilla wraps	
<b>Total Cost:</b>	



## Menu Ideas Using Chicken or Meat Substitute

Which menu idea is the least expensive?

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Which menu idea is the most expensive?

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# Menu Ideas Using Vegetables

Use a supermarket website to price the ingredients for each of the menu ideas.  
Remember to take into account how many people each one serves.

Vegetable Soup (Serves 2 People)		Vegetable Pasta (Serves 2 people)	
Ingredients	Cost	Ingredients	Cost
Carrots		Cherry tomatoes	
Celery		Brown onion	
Brown onion		Green beans	
Potatoes		Red pepper	
Vegetable stock cube		Yellow pepper	
<b>Total Cost:</b>		Oil	
		Pasta (own choice): _____	
		<b>Total Cost:</b>	

# Menu Ideas Using Vegetables



Roasted Vegetables (Serves 2 people)	
Ingredients	Cost
Broccoli	
Sweet Potato	
Red or brown onion	
Red pepper	
Carrots	
Mushrooms	
Mixed herbs	
Oil	
<b>Total Cost:</b>	

Which menu idea is the least expensive?

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Which menu idea is the most expensive?

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# Menu Ideas Using Eggs

Use a supermarket website to price the ingredients. Make sure you think about how many people you are cooking for.

<b>Omelette (Serves 1 Person)</b>	
<b>Ingredients</b>	<b>Cost</b>
Eggs	
Milk	
Filling 1 (own choice):_____	
Filling 2 (own choice):_____	
<b>Total Cost:</b>	

<b>Frittata (Serves 1 Person)</b>	
<b>Ingredients</b>	<b>Cost</b>
Eggs	
Cheese	
Spring onions	
Peas	
Ham or ham substitute	
<b>Total Cost:</b>	

<b>Scrambled Eggs on Toast (Serves 1 Person)</b>	
<b>Ingredients</b>	<b>Cost</b>
Eggs	
Milk	
Bread	
Butter or margarine	
<b>Total Cost:</b>	

Which menu idea is the least expensive?

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Which menu idea is the most expensive?

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