



SET: 09/10/09
IN: 16/10/09

Name:

Date:

THE COST OF A SCHOOL MEAL

In England, after expenses, Primary School Cooks have only 50p (in Primary Schools) and 75p (in Secondary Schools) to spend on a child's meal at lunchtime.

Having already thought about balanced meals and a lunchtime menu, it is now time to think about the money!

Using the price list attached, cost-out a week of healthy lunches for a Primary School.

Can you stick to spending only 50p per child in order to provide a main meal and a pudding which includes the 5 food groups (Fruit & vegetables, Carbohydrate, Protein, Dairy and Fats/Sugars)?

MONDAY		TUESDAY		WEDNESDAY	
	PRICE		PRICE		PRICE
TOTAL COST: £		TOTAL COST: £		TOTAL COST: £	
THURSDAY		FRIDAY		REMEMBER - YOU ONLY HAVE 50p TO PLAY WITH!	
	PRICE		PRICE		
TOTAL COST: £		TOTAL COST: £			

ASDA Price List

Butter (25 portions)	78p
Cheddar cheese (20 portions)	£1.84
Value Eggs (30)	£2.50
Yogurts (6)	£1.00
Milk (24)	£2.25
Bread (15 slices)	40p
Tortilla wraps (8)	£1.18
Bananas (10)	£1.24
Apples (4)	63p
Orange (1)	27p
Lemon (1)	10p
Grapes (8 portions)	£1.35
Melon (10 portions)	£1.65
Tomatoes (6)	88p
Cucumber (10 portions)	£1.28
Iceburg lettuce (20 portions)	98p
Pepper (10 portions)	72p
Celery (10 sticks)	78p
Cauliflower (10 portions)	£1.18
Potatoes (12)	73p
Mushrooms (25)	£1.36
Onions (10)	24p
Carrots (20)	98p
White cabbage (10 portions)	68p
Broccoli (10 portions)	50p
Sweetcorn (4)	29p
Frozen peas (15)	85p
Bacon (8 rashers)	£1.38
Beef Mince (1 pack - 6 portions)	97p



Roast chicken (8 portions)	£1.99
Chicken breast (4)	£4.10
Sausages (8)	48p
Tinned tuna (2)	55p
Chocolate digestive bars (20)	£1.03
Cereal bars (6)	77p
Pasta (8)	42p
Rice (15)	73p
Noodles (8)	£1.44
Pasta sauce (5)	36p
Curry sauce (10)	£1.27
Chilli sauce (8)	46p
Tinned tomatoes (4)	33p
Baked beans (4)	29p
Kidney beans (4)	14p
Fish fingers (10)	47p
Chicken nuggets (10)	40p
Ice cream (20)	93p
Fruit lollies (10)	42p

