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## Covid-19: BT extends free wi-fi voucher codes to NI pupils

## Marks and Spencer


**Marks and Spencer** ✓


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We couldn't be more pleased to announce that we've bolstered the Government's weekly £15 School Meal Vouchers to £20 to spend at M&S. So, if you receive free school meals vouchers and choose M&S, your £15 voucher is worth £20 in store. That means you can get a nutritious breakfast as well as lunch for two children (instead of one). To help with inspiration, our nutritionists have produced a handy meal planner packed full of recipe inspiration! Grateful to [Marcus Rashford](#) for supporting our campaign.

## s' breakfast lunch planner

Plan five days of tasty, balanced breakfasts and lunches for two children for less than £20 – with leftovers – all developed by M&S Food senior nutritionist Laura Street.

MONDAY	SHOPPING
<b>DIPPY EGG AND SOLDIERS</b> Cook your liking and serve with toasted Best of Both bread, topped with your favourite spread and cut into soldiers.	<input type="checkbox"/> 500g perenne pasta <input type="checkbox"/> 1 jar tomato & pasta sauce <input type="checkbox"/> 8 white tortilla <input type="checkbox"/> 1 loaf (750g) B medium sliced <input type="checkbox"/> 1 tin tuna <input type="checkbox"/> 2 peppers <input type="checkbox"/> 250g mature C slices <input type="checkbox"/> 4 bananas <input type="checkbox"/> 6 pack fromag <input type="checkbox"/> 9 chunky bread fish fingers <input type="checkbox"/> 500g carrots <input type="checkbox"/> 6 round tomato <input type="checkbox"/> 6 free-range medium size eggs <input type="checkbox"/> 500g traditional porridge oats
TUESDAY	
<b>BANANA TOAST</b> Toast slices of bread and top each with one sliced banana and your little favourite spread from the fridge.	
<b>TORTILLA PIZZAS AND SALAD</b> Heat remaining pasta sauce over two wraps, top with a sliced pepper and . Grill until melted. Serve with a salad of three grated carrots and tomatoes.	
WEDNESDAY	
<b>THREE BEARS PEAR PORRIDGE</b> Cook porridge oats with milk and a splash of water, then simmer until with two chopped pears. Mix any leftover porridge with 50g raisins to cupcake cases, then bake at 190°C fan for 30-40 mins. Save for breakfast.	
<b>DOOR PICNIC</b>	

