

Family & Kids

Save money on eating out during the school holidays with these meal deals in restaurants across the UK - School's almost out for the summer this year, which means many of us will be thinking of ways to keep the children entertained, well-fed and active.

For many in schools in England and Wales, the summer holidays start from 29th July, and last until Monday 2nd September.

With money feeling tighter than ever thanks to the cost of living crisis, we've created a handy guide to places that let kids eat for free or just £1 over the summer school holidays, making eating out as a family easier and more affordable:

Angus Steakhouses

If you're in London, head to Angus Steakhouses where a child under eight can eat free with a full-paying adult buying a main course on Fridays, Saturdays and Sunday. There are plenty of locations to choose from including Leicester Square, Bond Street, Oxford Circus and Paddington.

ASDA

Keep hunger at bay during your weekly shop at ASDA, as children aged 16 and under can eat for £1 when dining at any time of day in Asda Cafés.

Children can access a hot or cold meal for just £1 and the retailer will now include a free piece of fruit such as an apple, pear or banana when purchasing the hot kids £1 meal deal. A great offer that's available until the end of the year. Alternatively, kids can have a £1 cold pick and mix selection that includes a sandwich, drink and piece of fruit, along with two treat items. Ella's baby food pouches are free for children under 18 months with any purchase.

Beefeater

For any other parents used to getting up at the crack of dawn, having a reason to get out can be a bonus.

And if you're feeling the need to fuel up for the day ahead, Beefeater lets two kids, under the age of 16, eat free breakfast with any adult breakfast purchased for £10.99.

Available 6:30am until 10:30am midweek and 7am until 11am at the weekend

Bella Italia

Book a table at Bella Italia and kids can get three courses and a drink for just £1 with every purchase of an adult meal. From create your own pizza and pastas that are perfect for fussy eaters to classics like fish and chips, there's a good choice which kids will love. Among the dessert choices is a trip to the gelato cart.

Kids eat for £1 with the purchase of every adult main from 4-6pm on Sunday-Wednesdays This offer applies to children between the ages of 2-11.

On Thursdays, your little ones can eat for free all day when an adult main is purchased from the "A La Carte" menu.

BrewDog

Love a pub meal? Children can eat for free with a paying adult all day, everyday, at all BrewDog bars in England, Scotland and Wales.

The offer is available when you pre-book a table online and select the booking type "KIDS EAT FREE".

Items on the children's menu include cheese toasties, mac and cheese as well as pizza.

The offer is valid across the country from Thursday 25th July until Sunday 1st September in England, in Wales from Tuesday 23rd July until Sunday 1st September and from Friday 28th June until Thursday 15th August in Scotland.

Brewers Fayre

Fancy a free breakfast for your child at Brewers Fayre? If you order an adults' all-you-can-eat breakfast, AND your kids eat free, too! Two children under 16 eat for free when one adult order the £10.99 unlimited breakfast. See you in the queue.

Dobbie's Garden Centres

If you're stocking up on essentials for the garden, don't miss this great offer. Available everyday, children can enjoy a free children's breakfast with an adult traditional or full breakfast or a free child's hot meal or pick n mix lunch box with any adult main course. Children also receive a free child's drink.

Dunelm – Pausa Cafe

Make homeware shopping a day out with the kids as the retailer's Pausa Cafe is offering a free kids menu for every £4 spent in their in-store cafes. Available all day, everyday.

Gordon Ramsay Restaurants

A child under the age of eight can eat for free at selected times at limited Gordon Ramsay restaurants when an adult dines from the a la carte menu. While the company does suggest calling ahead to check the offer is running at the time of your visit, if you're lucky enough to be in the right place at the right time, kids can enjoy a free main with the option to add a dessert to their order for just £3.50 too.

The offer is only available on weekdays at BSK Battersea Power Station and Heddon Street Kitchen.

Heathrow Airport

Families flying from London Heathrow for their school holiday getaways can save a little extra during certain weeks. Tying in with school holidays throughout the year, free children's meals are on offer at participating airport restaurants during eligible school holiday dates, including from 22nd July to the 1st September. Happy flying (and eating)!

The offer is available for breakfast, lunch and dinner at the hotel's dine-in restaurant. Your kids will get a main course and dessert while the accompanying adult will need to order at least one course from the menu.

The Kids Eat Free offer is limited to up to four children per dining family, per meal OR up to two children per parent, per meal. You can find out more here including how children can stay at the hotel for free.

Participating properties include Holiday Inn across the country including in London, Sussex, Kent, Wales, Scotland, East Anglia, the Midlands and Ireland.

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Hungry Horse pubs

Every Monday, children can eat for £1 at Hungry Horse pubs. There are a variety of meals on offer including fish fingers, pasta and sausages as well as a variety of vegetarian and vegan options.

There is also a range of larger children meals available for the slightly higher price of £1.50.

IKEA

The Swedish furniture brand may be famous for its meatballs, but it also offers affordable deals on meals for kids on Fridays. So if you need a pit spot during your IKEA shopping trip, you can get the kids pasta or mac and cheese for just 95p from 11am. Other kids meals are also available for the higher price of £1.50.

London Hoxtons

Enjoying a day out in London? Your children can eat for free at Albie, Chet's, Hox Grill and Rondo, which are all part of the London Hoxtons group.

The offer is valid every weekend from 12pm – 5pm (and weekdays 12pm – 5pm throughout August) for kids under 10 years old with a dining adult.

The menu varies depending on the restaurants but includes crowd-pleasers like fish goujons at Albi ver in Southwark and cheeseburger at Rondo's in Holborn as well as tasty mac cheese at the Hoxton Grill in Shoreditch and tuna melt at Chet's in Shepherd's Bush.

Morrisons

Get a bargain family meal out while you do your weekly shop. Children under 16 eat free at Morrisons cafe all day, every day when an adult spends £4.50 or more on a meal.

OK Diners

If you are looking for a roadside stop off, at OK Diners children under 10 can eat free from the kids menu when an adult purchases a main from the a la carte menu. Available all day, every day at all diners other than those on the A1, the kids menu includes classics like spaghetti tomato penne pasta, scampi and fries or filled jacket potatoes.

Premier Inn

If your brood is up and out early, check out their breakfast deal. When an adult orders a full Premier Inn Breakfast – including freshly cooked bacon, eggs and hash browns – or a Meal Deal, up to two under 16s eat breakfast for free.

Preto

Tantalise their tastebuds with a free meal at Brazilian steakhouse Preto. Valid every weekday from 4pm, and all weekend, head to their website and download your Children Eat Free voucher before attending the restaurant.

This offer is valid for children up to 10 years old (proof of age may be requested). One free child meal is granted per one paying adult.

Purezza

With locations in Brighton, Camden, and Manchester, Purezza is a great place to dine out if you've got the kids in tow. For the uninitiated, Purezza is the UK's first vegan pizzeria, but the menu isn't just limited to pizzas though, because they also offer vegan pastas, salads, and desserts. Children under the age of ten can get a free mini pizza with every full-paying adult, so the kids can get a slice of the fun too!

Sizzling Pub and Grill

Save money on a tea out at the Sizzling Pub and Grill where kids can eat for just £1 with a purchase of every adult meal Monday to Fridays from 3pm. The offer can't be used in conjunction with any other deal and all food must be ordered at the same time.

From fish fingers to pasta, chicken wraps to pizza, there's plenty on offer.

Tesco

Available from Monday to Friday during school holidays kids (including from 22nd July to 30th August) can eat free at Tesco cafes when an adult makes any purchase in the cafe. **Worth noting that this excludes weekends.** You will also need your Clubcard and to check your local store is running the offer.

TGI Fridays

Kids eat free all day everyday with the purchase of an adult main. To claim, you have to simply download their Stripes Rewards app – their customer loyalty scheme – to be able to claim the free meal. Kids menu options include chicken burgers, hot dogs and chicken tenders.

The Real Greek

Visit The Real Greek on Sundays and you'll get one free kids' meal when each adult spends a minimum of £10 on their food. The offer includes a children's meal from the kids' menu (mezze or souvlaki wrap), plus a drink and ice cream or sorbet for dessert. Available to children under 12.

YO! Sushi

Deal available from 1st July to 30th August . For every adult that spends £10, one child aged 12 or under gets a free kiddo bento box. If you spend £20, two kids can eat free and so on, with a maximum of three kids per booking able to eat free. The offer is valid Monday to Fridays. Offer is not available at YO! Bath, Heathrow T2, Heathrow T3, Manchester Piccadilly Station, Rushden Lakes, St Pancras Station, York Outlet or London Luton Airport.

Holiday Activities and Food Programme

[Summer HAF programme - Hillingdon Council](#)

200 Fantastic Free Things To Do In London - [200 Free Things To Do In London \(secretldn.com\)](#)

[London's Best Summer Festivals, Events and Activities for Kids and Teens - KidRated](#)

Ruislip lido – Free [Ruislip Lido - Beach, Kids Play Areas, Woodland Walks, Railway & More#](#)

Black Park – Free - [Black Park | Buckinghamshire Country Parks](#)

Local park list for Hillingdon [Local parks - Hillingdon Council](#)

Free splash pad park [Fassnidge Park - Hillingdon Council](#)

Foodbanks in Hillingdon

[Hillingdon Foodbank - The Trussell Trust](#)

Helpful apps

Olio – Free.

[Olio - Your Local Sharing App \(olioapp.com\)](#)

Too Good to Go.

[Too Good To Go Marketplace | Sell Your Surplus Food Today – Too Good To Go](#)