Summer Menu Week 1a

Each day fresh veggie sticks e.g. carrot, celery, cucumber on offer

Visit the healthier families website for healthy recipes that you can make at home at https://www.nhs.uk/healthier-families/recipes/

Or why not sign up to their Cook Together scheme. Every week for 4 weeks, they'll send you 2 tasty, healthy recipes with easy to follow instructions, and a shopping list of all the ingredients you'll need to cook a healthy meal. They'll also send you some handy tips about healthier eating and how to be food smart when you're out shopping. Sign up at https://cooktogether.betterhealth-healthierfamilies.co.uk/

Colour Key Code: **Red – Halal** **Orange – Vegetarian** **Green - Vegan**

Monday		**Proveg Halal Mild Chicken Curry with sweet potato & Vegetables OR Chinese Quorn Curry with mix veg both with rainbow rice and Freshly Prepared Fruit** Why not try making Panjabi Keema with Roti at home, from Panjabi keema - Recipes - Healthier Families - NHS (www.nhs.uk)
Tuesday		**Cheese & Tomato Pizza or Vegetable Samosas with Raita with Chipped Potatoes or Jacket Wedges & Salad and Sprinkle Vanilla Sponge Cake** Why not try making Pizza Pitta Faces at home, from https://www.nhs.uk/healthier-families/recipes/pizza-pitta-faces/
Wednesday		**Roast Turkey Dinner or Halal Roast Chicken Breast with Yorkshire Pudding, Roast Potatoes, Seasonal Veg & Vegan Gravy or Pomodoro Pasta with Beans & Salad and Decorated Fruit Jelly & Cream** Why not try making Roast Dinner at home, from https://www.nhs.uk/healthier-families/recipes/roast-dinner/
Thursday		**Halal Keema Whirl pastry with salad or Meatballs in Tomato & Herb Sauce with pasta or garlic bread and Fresh Fruit Salad** Why not try making Veggie Spag Bol with Roti at home, from Veggie spag bol - Recipes - Healthier Families - NHS
Friday		**Breaded Fish Fillet Fingers or Salmon & Sweet Potato Fishcakes both served with Chipped Potatoes or Jacket Wedges & salad or Arrabiata Pasta with salad and Ice Cream Tubs** Why not try making Crunchy Fish Fingers with wedges at home, from https://www.nhs.uk/healthier-families/recipes/homemade-fish-fingers-with-sweet-potato-wedges/

Try downloading the free NHS Food Scanner app onto your phone

https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/

Please note suitable alternatives are made for any children with specific allergies or dietary requirements.