Summer Menu Week 3a

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		**Battered Fish Fillet Fingers or Vegetable Pakoras both served with Chipped Potatoes or Jacket Wedges & Vegetables and Fresh Fruit Salad** 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/
Tuesday		**Golden Cheese Roll with creamed potatoes & seasonal veg or Neapolitan Pasta and Strawberry Sponge & Custard** Why not try making Macaroni Cheese at home, from Healthy mac and cheese recipe - Healthier Families - NHS
Wednesday		**Halal Chicken Kebab or Hot Turkey Sub with Gravy & optional Stuffing with mix vegetables or Pomodoro Pasta with Crusty Bread & Salad and Pears & Ice Cream with Syrup** Why not try making Chilli Beef & Bean Burger at home, from Chilli beef and bean burgers - Recipes - Healthier Families - NHS
Thursday		**Halal Keema & Peas with Pilau Rice & Salad or Proveg Beef & Red Lentil Bolognaise with Garlic Bread & Salad and Chocolate Sponge & Chocolate Sauce** Why not try making Pigeon Peas Pilau with Carrot Pickle at home, from Pigeon peas pilau with carrot pickle - Recipes - Healthier Families - NHS
Friday		**Classic Cheese & Tomato Pizza with Chipped potatoes or Jacket Wedges & Salad or Arrabiata Pasta with Crusty Bread & Salad and Flapjack** Why not try making Pizza Pitta Faces at home, from https://www.nhs.uk/healthier-families/recipes/pizza-pitta-faces/

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.