Summer Menu Week 2b

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		**Cheese & Tomato Pizza or Loaded Rainbow Pizza with Chipped Potatoes / Jacket Wedges & Baked Beans / Salad and Marble Sponge & Chocolate Sauce** Why not try making Pizza Pitta Faces at home, from https://www.nhs.uk/healthier-families/recipes/pizza-pitta-faces/
Tuesday		**Halal Keema Biryani with Naan Bread or Pomodora Pasta with Crusty Bread both served with salad and Gallydale Oaty Biscuit** Why not try making Jollof Rice at home, from https://www.nhs.uk/healthier-families/recipes/jollof-rice/
Wednesday		**Breaded Fish Fillet Fingers or Port & Beef Hotdog in a Bun served with Chipped Potatoes or Jacket Wedges, mixed salad 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/
Thursday		**Halal Chicken Burger or Quorn Pate Burger served with Chips or Jacket Wedges & Salad and Peaches & Ice Cream with Syrup** Why not try making Chilli Beef & Bean Burger at home, from Chilli beef and bean burgers - Recipes - Healthier Families - NHS
Friday		**Soya Mince Chilli with Rice & Nachos & Mix Veg or Chinese Quorn Curry with Rainbow rice & mix veg and Lemon Drizzle with optional Custard** Why not try making Chilli Con Carne at home, from https://www.nhs.uk/healthier-families/recipes/chilli-con-carne/

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.