








Winter Menu Week 1b

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		**Wholemeal Margherita Pizza or Arrabiata Pasta Pot both served with salad & chipped potatoes and Pancake & Toffee Sauce** **Why not try making Pizza Pitta Faces at home, from** https://www.nhs.uk/healthier-families/recipes/pizza-pitta-faces/
Tuesday		**Fish Finger Butty or Breaded Salmon Bites with mixed veg & potato wedges and Wobbly Fruit Jelly** **Why not try making Crunchy Fish Fingers at home, from** https://www.nhs.uk/healthier-families/recipes/homemade-fish-fingers-with-sweet-potato-wedges/
Wednesday		**Halal Roast Chicken or Roast Turkey Dinner with roast potatoes & seasonal veg and Fresh Fruit & Yoghurt** **Why not try making Roast Dinner at home, from** https://www.nhs.uk/healthier-families/recipes/roast-dinner/
Thursday		**Halal Sweet Chilli Chicken Noodles or Rainbow Vegetable Noodles both served with carrots & broccoli and Pears & Chocolate Custard** **Why not try making Perfect Pasta & Tomato Sauce at home, from** **ttps://www.nhs.uk/healthier-families/recipes/perfect-pasta-and-tomato-sauce/**
Friday		**Halal Keema Biryani or Spinach, Sweet Potato & Lentil Dhal and Berry Blondie** **Why not try making Panjabi Keema recipe at home, from** https://www.nhs.uk/healthier-families/recipes/panjabi-keema/

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.