








Winter 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		**Halal Chicken Tikka or Chicken Tikka in a Warm Pitta both served with mixed salad and Fresh Fruit Salad** Why not try making Finger Licking Chicken Pittas at home, from https://www.nhs.uk/healthier-families/recipes/finger-licking-chicken-pittas/
Tuesday		**Pasta with a Rustic Vegetable Sauce or Vegetable Ravioli served with broccoli & mixed veg and Strawberry Ice Cream & Berry Crunch Sundae** Why not try making Salmon & Broccoli pasta at home, from https://www.nhs.uk/healthier-families/recipes/salmon-and-broccoli-pasta/
Wednesday		**Halal Lamb Burger or Plant Burger both served with a freshly made salad and Homemade Classic Plain Scone with Jam** Why not try making Chilli Beef & Bean Burger at home, from Chilli beef and bean burgers - Recipes - Healthier Families - NHS
Thursday		**Battered Fillet of Fish or Fusilli Pasta in Pomedoro Sauce with salad, potato wedges and seasonal veg and Mixed Fruit Salad** Why not try making good old fish and chips at home, from https://www.nhs.uk/healthier-families/recipes/homemade-fish-and-chips/
Friday		**Wholemeal Margherita Pizza or Vegetable Enchilada with salad, chipped potatoes & beans and Chocolaty Mud Pudding** 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.