








# Winter Menu Week 3a

## Each day homemade bread, selection of seasonal vegetables or fresh salad served daily

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-healthierffamilies.co.uk/



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

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| **Monday** |  | **Halal Chicken Tinga with Peppers Taco or Chicken Tinga with Peppers Taco both served with salad and Banana Custard**<br>Why not try making Chicken & Vegetable parcels at home, from https://www.nhs.uk/healthier-families/recipes/chicken-and-vegetable-parcels/ |
| **Tuesday** |  | **Halal Homemade Meat Lasagna or Pasta Bolognaise both served with garlic bread and mixed veg and Apple & Cinnamon Sponge with custard**<br>Why not try making Veggie Spag Bol with Roti at home, from Veggie spag bol - Recipes - Healthier Families - NHS |
| **Wednesday** |  | **Halal Mild Chicken Curry or Mild Chicken Curry both served with fluffy rice & mixed veg and Fresh Fruit Salad with Cream**<br>Why not try making Bengali-style chicken curry at home, from https://www.nhs.uk/healthier-families/recipes/bengali-chicken-curry/ |
| **Thursday** |  | **Wholemeal Cheese & Pepper Pizza or Katsu Vegetable Rice both served with fresh mixed salad and Assorted Melon Pot**<br>Why not try making Cheats' Pizza Calzone at home, from https://www.nhs.uk/healthier-families/recipes/cheats-pizza-calzone/ |
| **Friday** |  | **Breaded Fish Fingers or Macaroni Cheese with a Crispy Topping both served with mixed veg and Lemon Drizzle**<br>Why not try making Macaroni Cheese at home, from Healthy mac and cheese recipe - Healthier Families - NHS |

**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.**