








Winter Menu Week 3b

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-healthierfamilies.co.uk/



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

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