



## Week 2 Menu

Each day fresh veggie sticks e.g. carrot, celery, cucumber on offer

**change 4 life**

Visit the change for life website for healthy recipes that you can make at home at

<https://www.nhs.uk/change4life/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.change4life.co.uk/>

**Monday**



Vegetable jalfrezi

504 60 mins

**Minced lamb and spinach curry, naan bread and rainbow rice with fresh fruit salad**

Why not try making vegetable Jalfrezi and tropical fruits with banana dip at home, from the Change4Life recipes.



Tropical fruits with banana dip

183 10 mins

**Tuesday**

**Homemade fishcake, mushy peas and potato wedges with vegan chocolate cake and chocolate custard.**

Why not try making good old fish 'n' chips at home, from the Change4Life recipes.



Good old fish 'n' chips

1,314 40 mins

**Wednesday**



Four seasons pizza

543 30 mins

**Homemade Margherita pizza and salad with Lemon drizzle cake**

Why not try making the four seasons pizza at home, from the Change4Life recipes.

**Thursday**



Pasta ratatouille bake

381 45 mins

**Vegetable bake with garlic bread and banana and carrot cake with vanilla custard.**

Why not try making pasta ratatouille bake and carrot and courgette muffins from the Change4Life recipes.



Carrot and courgette muffins

1,004 45 mins

**Friday**



Roast dinner

216 100 mins

**Quorn chicken roast dinner with a yoghurt and fruit smoothie.**

Why not try making the roast dinner and blueberry and banana smoothie at home, from the Change4Life recipes.



Blueberry and banana smoothie

429 5 mins



Try downloading the free Change4Life smart recipes app onto your phone

<https://www.nhs.uk/change4life/recipes>

Please note suitable alternatives are made for any children with specific allergies or dietary requirements.