



Menu Week 4

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

Hoisin minced beef with cucumber and onion wraps and jelly with ice cream.

Why not try making turkey stir fry at home, from the Change4Life recipes.



Turkey stir-fry

Tuesday



Chargrilled pineapple

Fish pie with broccoli and sweetcorn and pineapple upside down cake with custard.

Why not try making chargrilled pineapple at home, from the Change4Life recipes.



144 10 mins

Wednesday



Mediterranean potato bake

Vegetable bake with salad and peaches with homemade biscuits.

Why not try making mediterranean potato bake at home, from the Change4Life recipes.



932 35 mins

Thursday



Tasty veggie chilli

Mixed vegetable and bean chilli rice with pitta bread and rhubarb crumble and ice cream.

Why not try making tasty veggie chilli and cherry berry crumble from the Change4Life recipes.



1052 45 mins



Cherry berry crumble



1242 45 mins

Friday

Chicken casserole with puff pastry lid, new potatoes and peas and fresh fruit salad.

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



Tropical fruits with banana dip



21 10 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.