



Week 1 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/>



<p>Monday</p>	 <p>Old school sausage 'n' mash</p> <p>795 45 mins</p> <p>Sausage casserole, creamed potatoes, peas and carrots and scone, strawberries and cream.</p> <p>Why not try making old school sausage and mash at home, from the Change4Life recipes.</p>
<p>Tuesday</p>	<p>Chicken and mushroom supreme with new potatoes, sweetcorn and runner beans and apple crumble and custard.</p> <p>Why not try making cherry berry crumble at home, from the Change4Life recipes.</p>  <p>Cherry berry crumble</p> <p>1290 45 mins</p>
<p>Wednesday</p>	<p>Vegetable lasagne with garlic bread and salad and pear sponge with custard</p> <p>Why not try making Mean 'n' green mac 'n' cheese at home, from the Change4Life recipes.</p>  <p>Mean 'n' green mac 'n' cheese</p> <p>519 60 mins</p>
<p>Thursday</p>	 <p>Vegetable jalfrezi</p> <p>624 60 mins</p> <p>Fish curry and rainbow rice and fresh fruit salad.</p> <p>Why not try making vegetable Jalfrezi and tropical fruits with banana dip at home, from the Change4Life recipes.</p>  <p>Tropical fruits with banana dip</p> <p>163 10 mins</p>
<p>Friday</p>	 <p>Meat-free cottage pie</p> <p>244 55 mins</p> <p>Shepherd's pie with spring greens and rice pudding with peaches</p> <p>Why not try making meat free cottage pie and orange and sultana milk pudding at home, from the Change4Life recipes.</p>  <p>Orange and sultana milk pudding</p> <p>291 15 mins</p>



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.