



Menu Week 3





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>Tuna and bean jackets</p> <p>438 40 mins</p> <p>Jacket Potato with Cheese and Baked Beans and Bananas with Custard</p> <p>Why not try making Tuna and Bean Jackets at home, from the Change4Life recipes.</p>
<p>Tuesday</p>	 <p>Sweet potato chips with simple salsa</p> <p>785 55 mins</p>  <p>Turkey burgers</p> <p>232 20 mins</p> <p>Homemade Burger in a Bun with Potato Wedges and Dark Ginger Sponge with Custard</p> <p>Why not try making Turkey Burgers and Sweet Potato Chips with Salsa at home, from the Change4Life recipes.</p>
<p>Wednesday</p>	<p>Sweet and Sour Chicken with Rice and Peas and Semolina with Forest Fruits.</p> <p>Why not try making Turkey stir fry at home, from the Change4Life recipes.</p>  <p>Turkey stir fry</p> <p>101 25 mins</p>
<p>Thursday</p>	 <p>Pasta ratatouille bake</p> <p>381 45 mins</p> <p>Salmon Pasta Bake with salad and Jelly with ice cream.</p> <p>Why not try making pasta ratatouille bake from the Change4Life recipes.</p>
<p>Friday</p>	 <p>Meat-free cottage pie</p> <p>752 35 mins</p> <p>Vegetable Shepherd's Pie with gravy and Fruit Trifle</p> <p>Why not try making meat free cottage pie at home, from the Change4Life recipes.</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.