



Winter Menu Week 1a

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



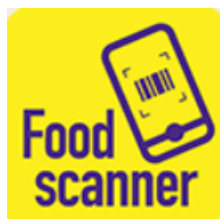
Visit the healthier families website for healthy recipes that you can make at home at <https://www.nhs.uk/healthier-families/recipes/>



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/>

Monday		Chicken or Chickpea Korma with Brown Rice and Banana & Custard Why not try making Chicken & Banana Korma at home, from https://www.nhs.uk/healthier-families/recipes/chicken-and-banana-korma/
Tuesday		Parsnip, Butterbean & Apple Soup with Wholemeal Bread and Fruit Oat Crumble Why not try making Carrot Soup at home, from https://www.nhs.uk/healthier-families/recipes/easy-carrot-soup/
Wednesday		Roast Quorn with Mashed Potatoes, Veg & Gravy and Yoghurt & Blackberry Compote Why not try making Roast Dinner at home, from https://www.nhs.uk/healthier-families/recipes/roast-dinner/
Thursday		Sweet Potato Mash Fish Pie with Mixed Veg and Shortbread and Satsuma Segments Why not try making Fabulous Fish Pie at home, from https://www.nhs.uk/healthier-families/recipes/fabulous-fish-pie/
Friday		Veggie Mince & Mushroom Pasta Bake and Eves Pudding with Custard Why not try making Pasta Ratatouille Bake at home, from https://www.nhs.uk/healthier-families/recipes/pasta-ratatouille-bake/



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.