



Winter Menu Week 2a

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



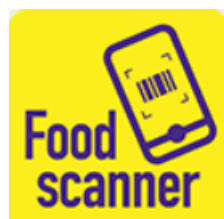
Visit the healthier families website for healthy recipes that you can make at home at <https://www.nhs.uk/healthier-families/recipes/>

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	 <p>Sweet & Sour Quorn with Wholemeal Rice and Fresh Fruit Salad</p> <p>Why not try making Sweet & Sour Chicken at home, from https://www.nhs.uk/healthier-families/recipes/sweet-and-sour-chicken/</p>
Tuesday	 <p>Cod with Red Pepper Sauce & mixed veg and Peach Rice Pudding</p> <p>Why not try making Cheese & Tomato Grilled Fish at home, from https://www.nhs.uk/healthier-families/recipes/cheese-and-tomato-grilled-fish/</p>
Wednesday	 <p>Sweet Potato Soup with Wholemeal Bread and Strawberry Mousse</p> <p>Why not try making Hearty Veg & Lentil Soup at home, from https://www.nhs.uk/healthier-families/recipes/vegetable-and-lentil-soup/</p>
Thursday	 <p>Beef or Veg Lasagna with Peas & Garlic Bread and Yoghurt with Strawberry Compote</p> <p>Why not try making Mac N Veg Slices at home, from https://www.nhs.uk/healthier-families/recipes/macaroni-and-vegetable-slices/</p>
Friday	 <p>Red Pepper & Quorn Fajitas And Jelly & Ice Cream</p> <p>Why not try making Cheats Pizza Calzone at home, from https://www.nhs.uk/healthier-families/recipes/cheats-pizza-calzone/</p>



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.