



Winter Menu Week 2b

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



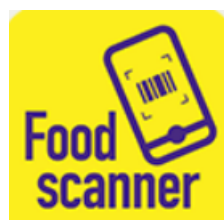
Visit the healthier families website for healthy recipes that you can make at home at <https://www.nhs.uk/healthier-families/recipes/>



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



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.