



## Winter Menu Week 3a

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		<b>Quorn Spaghetti Bolognese with Sweetcorn and Fresh Fruit &amp; Yoghurt</b> Why not try making Spaghetti Bolognese at home, from <a href="https://www.nhs.uk/healthier-families/recipes/easy-spaghetti-bolognese/">https://www.nhs.uk/healthier-families/recipes/easy-spaghetti-bolognese/</a>
Tuesday		<b>Lamb or Mixed Bean Tagine with Cous Cous and Banana Pancakes</b> Why not try making Sausage & Bean Stew at home, from <a href="https://www.nhs.uk/healthier-families/recipes/sausage-and-bean-stew/">https://www.nhs.uk/healthier-families/recipes/sausage-and-bean-stew/</a>
Wednesday		<b>Homemade Fishcakes with New Potatoes &amp; Mixed Veg and Peaches &amp; Cream</b> Why not try making Crunchy Fish Fingers at home, from <a href="https://www.nhs.uk/healthier-families/recipes/homemade-fish-fingers-with-sweet-potato-wedges/">https://www.nhs.uk/healthier-families/recipes/homemade-fish-fingers-with-sweet-potato-wedges/</a>
Thursday		<b>Macaroni &amp; Cheese with Peas and Peach Crumble &amp; Custard</b> Why not try making Macaroni & Veg Slices at home, from <a href="https://www.nhs.uk/healthier-families/recipes/macaroni-and-vegetable-slices/">https://www.nhs.uk/healthier-families/recipes/macaroni-and-vegetable-slices/</a>
Friday		<b>Quorn Chilli with Jacket Potato and mini Carrot Cakes</b> Why not try making Jacket Potato & Mince at home, from <a href="https://www.nhs.uk/healthier-families/recipes/baked-potatoes-with-mince/">https://www.nhs.uk/healthier-families/recipes/baked-potatoes-with-mince/</a>
<div>  <p>Try downloading the free NHS Food Scanner app onto your phone <a href="https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/">https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/</a></p> <p>Please note suitable alternatives are made for any children with specific allergies or dietary requirements.</p> </div>		