



Winter Menu Week 3b

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