









### **Summer 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 <a href="https://www.nhs.uk/healthier-families/recipes/">https://www.nhs.uk/healthier-families/recipes/</a>

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

Jacket Potato with Vegetarian Chilli or Cheese & Beans with Salad and Chocolate Mousse or Fresh Fruit

Why not try making Vegetarian Chilli at home, from https://www.nhs.uk/healthier-families/recipes/tasty-vegetarian-chilli/

### **Tuesday**



Chicken Pie or Halal Chicken Pie or Soya Mince **Cottage Pie with Creamed Potatoes and Seasonal** Veg and Volcano Buns or Freshly Prepared Fruit

Why not try making Spider Chicken Pie at home, from https://www.nhs.uk/healthier-families/recipes/halloween-spider-chicken-pies/

# Wednesday



Roast of the Day or Halal Roast Chicken Breast or Quorn Roast with Roast Potatoes, Seasonal Veg and Yorkshire **Pudding and Volcano Buns or Freshly Prepared Fruit** 

Why not try making Roast Dinner at home, from https://www.nhs.uk/healthier-families/recipes/roast-dinner/

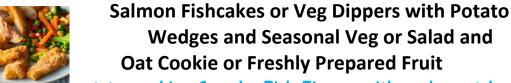
## **Thursday**



**Cheese & Tomato Pizza or Loaded Vegetable Pizza** with Chips, Baked Beans or Salad and Chocolate Sponge or Freshly Prepared Fruit

Why not try making Pizza Pitta Faces at home, from https://www.nhs.uk/healthier-families/recipes/pizza-pitta-faces/

# Friday



not try making Crunchy Fish Fingers with wedges at home, from https://www.nhs.uk/healthier-families/recipes/homemade-fish-fingerswith-sweet-potato-wedges/



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.