



## 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 <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/>



<p><b>Monday</b></p>	 <p><b>Jacket Potato with Vegetarian Chilli or Cheese &amp; Beans with Salad and Chocolate Mousse or Fresh Fruit</b>  <i>Why not try making Vegetarian Chilli at home, from <a href="https://www.nhs.uk/healthier-families/recipes/tasty-vegetarian-chilli/">https://www.nhs.uk/healthier-families/recipes/tasty-vegetarian-chilli/</a></i></p>
<p><b>Tuesday</b></p>	 <p><b>Chicken Pie or Halal Chicken Pie or Soya Mince Cottage Pie with Creamed Potatoes and Seasonal Veg and Volcano Buns or Freshly Prepared Fruit</b>  <i>Why not try making Spider Chicken Pie at home, from <a href="https://www.nhs.uk/healthier-families/recipes/halloween-spider-chicken-pies/">https://www.nhs.uk/healthier-families/recipes/halloween-spider-chicken-pies/</a></i></p>
<p><b>Wednesday</b></p>	 <p><b>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</b>  <i>Why not try making Roast Dinner at home, from <a href="https://www.nhs.uk/healthier-families/recipes/roast-dinner/">https://www.nhs.uk/healthier-families/recipes/roast-dinner/</a></i></p>
<p><b>Thursday</b></p>	 <p><b>Cheese &amp; Tomato Pizza or Loaded Vegetable Pizza with Chips, Baked Beans or Salad and Chocolate Sponge or Freshly Prepared Fruit</b>  <i>Why not try making Pizza Pitta Faces at home, from <a href="https://www.nhs.uk/healthier-families/recipes/pizza-pitta-faces/">https://www.nhs.uk/healthier-families/recipes/pizza-pitta-faces/</a></i></p>
<p><b>Friday</b></p>	 <p><b>Salmon Fishcakes or Veg Dippers with Potato Wedges and Seasonal Veg or Salad and Oat Cookie or Freshly Prepared Fruit</b>  <i>Why not try making Crunchy Fish Fingers with wedges 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></i></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.