



Summer 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/>



<p>Monday</p>	 <p>Fish Fingers or Veg Dippers with Chips & Sweetcorn & Assorted Individual Salads and Iced Bun or Freshly Prepared Fruit</p> <p>Why not try making Crunchy Fish Fingers at home, from https://www.nhs.uk/healthier-families/recipes/homemade-fish-fingers-with-sweet-potato-wedges/</p>
<p>Tuesday</p>	 <p>Halal Chicken Dopiaza or Vegetarian Mexican Burrito or Mild Chicken Curry with Rice & Assorted Individual Salads and Ginger Sponge or Freshly Prepared Fruit</p> <p>Why not try making Chicken Jalfrezi at home, from https://www.nhs.uk/healthier-families/recipes/chicken-jalfrezi/</p>
<p>Wednesday</p>	 <p>Cheese Roll or Vegetarian Savoury Roll with Roast Potatoes and Seasonal Veg and Individual Ice Cream Tub or Freshly Prepared Fruit</p> <p>Why not try making No Pastry mini Quiches at home, from https://www.nhs.uk/healthier-families/recipes/no-pastry-mini-mushroom-quiches/</p>
<p>Thursday</p>	 <p>Roast of the Day or Halal Roast Chicken Breast or Quorn Roast with Yorkshire Pudding, New Potatoes & Seasonal Veg and Flapjack or Fresh Fruit</p> <p>Why not try making Roast Dinner at home, from https://www.nhs.uk/healthier-families/recipes/roast-dinner/</p>
<p>Friday</p>	 <p>Cheese & Tomato Pizza with Potato Wedges, Baked Beans & Assorted Individual Salads and Chocolate Sponge or Freshly Prepared Fruit</p> <p>Why not try making Pizza Pitta Faces at home, from https://www.nhs.uk/healthier-families/recipes/pizza-pitta-faces/</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.