



Summer 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/>



<p>Monday</p>	 <p>Fish Fingers or Cheese & Potato Flan with Potato Wedges, Baked Beans & Assorted Individual Salads and Lemon Shortcake or Fresh 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>Tuna Pasta Bake or Cheese Pasta Bake with Garlic Bread and Jam Sponge or Freshly Prepared Fruit</p> <p>Why not try making Tasty Tuna & Sweetcorn Pasta at home, from https://www.nhs.uk/healthier-families/recipes/tasty-tuna-and-sweetcorn-pasta/</p>
<p>Wednesday</p>	 <p>Chicken Fried Rice or Halal Chicken Fried Rice & Curry Sauce or Cheese Rolls with Seasonal Veg and Assorted Individual Salads and Chocolate Sponge or Freshly Prepared Fruit</p> <p>Why not try making Pigeon Peas Pilau with Carrot Pickle at home, from https://www.nhs.uk/healthier-families/recipes/pigeon-peas-pilau-with-carrot-pickle/</p>
<p>Thursday</p>	 <p>Halal Pasta Bolognese or Soya Pasta Bolognese with Garlic Bread & Assorted Individual Salads and Lemon Shortcake or Freshly Prepared Fruit</p> <p>Why not try making Spaghetti Bolognese at home, from https://www.nhs.uk/healthier-families/recipes/easy-spaghetti-bolognese/</p>
<p>Friday</p>	 <p>Roast of the Day or Halal Roast Chicken Breast or Quorn Toad in the Hole with Yorkshire Pudding, Roast Potatoes, Seasonal Veg & Assorted Individual Salads and Banana Mousse or Freshly Prepared Fruit</p> <p>Why not try making Roast Dinner at home, from https://www.nhs.uk/healthier-families/recipes/roast-dinner/</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.