



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



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.