

# Healthy eating ingredients

## Menu

### Chinese noodles



## Ingredients

- Coriander
- 2 big cloves of garlic
- a thumb-sized piece of fresh ginger
- 8 spring onions
- **Dried medium egg noodles**
- vegetable oil
- freshly ground black pepper
- 1 tablespoon soy sauce
- **1 teaspoon fish sauce**
- Seasoning: Chinese 5 spices
- **Mixed vegetables**
- **6 Scrambled eggs**

### Cheesy Macaroni pie



- **Wholegrain macaroni pasta**
- **Milk**
- **Grated Cheddar cheese**
- 1 stock cube and spices

### Caribbean Sweet potatoes fish pie



- Sweet potatoes and potatoes
- Mixed vegetables
- **Grated Cheddar cheese**
- **Pollock or cod**
- 1 good handful spinach
- 1 stock cube and spices

### English Roast trout with spinach & sage



- **8 x 120g trout fillets**
- **2 handfuls dried apricots**
- 2 large sprigs fresh sage
- olive oil
- 1 clove garlic
- 600 g spinach
- fresh nutmeg
- 410 g tinned cannellini bean

### Fish 'n' Chips



- **Aldi Fish fingers**
- Aldi Oven chips
- Mushy peas

# Healthy eating ingredients

## French summer tomato tart



- 350 g ripe tomatoes
- black pepper
- **2 free-range eggs**
- **400 ml double cream**
- **150 g mature Cheddar cheese, grated**
- **40 g butter, melted**
- **200 g ready-made filo pastry**
- 1 small bunch fresh marjoram or oregano
- Olive oil

## Indonesian Nasi goreng (Fried rice with fish)



- Wholegrain rice cooked in 1 stock cube and spices
- 1 onion
- 1 clove garlic
- **Add 6 medium eggs to rice**
- **Add Mixed vegetables**
- 1 Tbsp light soy sauce

## Pita bread Margarita pizza



- 1/2 lb. plum Roma tomatoes
- 1 clove garlic
- Button **mushrooms**
- pita bread
- Shredded **cheddar cheese**
- Or Aldi oven Pizza

## Italian cheese or mushroom risotto



- 1 clove garlic
- 1 shallot
- **2 cups brown short-grain rice**
- black pepper
- **cheddar cheese or mushroom**
- Seasoning: 1 stock cube & Italian herbs

## Pasta



- Wholemeal pasta
- Aldi Pesto Genovese or Tomato and Ricotta Pesto

# Healthy eating ingredients

## Potatoes Jackets with various fillings



- Baking potatoes
- **With Tuna**
- **With cheese**
- With Baked beans

## Thai Fish Cakes with coconut dumplings



- **1 lb (.454 kg) cod fish fillets**
- 6 kaffir lime leaves
- **3 Tbsp. coconut milk**
- **3 Tbsp. fish sauce**
- 1/2 Tbsp. chili powder
- 1/3 tsp. ground cumin
- 1/4 tsp. ground coriander
- 1/2 tsp. brown sugar
- 3 green onions
- 1 thumb-size piece ginger
- Potatoes

*Steamed Coconut dumplings*

**Wholegrain flour**

**1 tin of coconut milk**

## Thai Green curry



For the curry paste

- 4 lemongrass stalks
- 3 cloves garlic
- 5cm/2in piece of galangal or ginger
- 2 shallots
- 4 tbsp chopped fresh coriander
- 1 tsp ground cumin
- 1 tsp chopped lime zest
- **1 tbsp nam pla (Thai fish sauce)**
- 1/2 tsp ground black peppercorns

For the curry

- **Pollock**
- 200g/7oz chestnut mushrooms
- 400ml/14fl oz tin coconut milk
- 400ml/14 fl oz stock
- 8 lime leaves
- 1 tbsp nam pla (Thai fish sauce)
- 1 tbsp bottled green peppercorns
- basil
- Coriander

## Turkish vegetable stew with couscous



**1 cup uncooked Couscous**

- 1 medium eggplant(s)
- 2 medium zucchini
- 1 medium yellow pepper
- 15 oz canned garbanzo beans
- 14 1/2 oz canned tomatoes
- 1/2 cup water
- 1 tsp ground cumin
- 1/2 tsp black pepper
- 1/2 cup scallion(s)
- 1/3 cup dill
- 1/2 cheddar cheese**



# Healthy eating ingredients

Tagliatelle



- **Salmon**
- **Mushroom**
- Spinach
- Cream
- 1 stock cube and spices

- ❖ We cannot guarantee a nut free environment. For children with extreme allergies, please provide children's meals.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 8-9	Selection of cereals	Pancakes	Crossionts	Selection of cereal	Pancakes
<b>Lunch</b> <b>Month 1</b> 12-13	Caribbean Fish pie Saturates 2.5g Calories 600kcal	Italian Margherita Pizza Saturates 1.7g Calories 484kcal	Pasta with Pesto Genovese Saturates 14.3g Calories 512kcal	British Fish'n'chips Saturates 7.9g Calories 860kcal	Mushroom Risotto Saturates 6.4g Calories 340kcal
<b>Month 2</b>	Fish fingers and Waffle Saturates 4.7g Calories 602kcal	Italian cheese Risotto Saturates 7.3g Calories 385 kcal	Chinese noodles Saturates 7.3g Calories 385kcal	Caribbean macaroni pie Saturates 17g Calories 614kcal	Indonesian Nasi goreng(Fried rice with fish) Saturates 6.4g Calories 340kcal
<b>Month 3</b>	Chinese Egg fried rice Saturates 6.4g Calories 340kcal	Chicken Noodles Saturates 5g Calories 257kcal	Pasta with Tomato and Ricotta Pesto Saturates 14.3g Calories 512kcal	Baked potato with cheese, baked beans or Tuna Saturates 1.7g Calories 268kcal	Creamy Salmon tagliatelle Saturates 2g Calories 452kcal
<b>Dessert</b>	Selection of fruits, yogurt, Bread sticks and Crackers	Selection of fruits, yogurt, Bread sticks and Crackers	Selection of fruits, yogurt, Bread sticks and Crackers	Selection of fruits, yogurt, Bread sticks and Crackers	Selection of fruits, yogurt, Bread sticks and Crackers
<b>Snacks</b> 16-16:30	Beans on toast (Thurs)	Fruit Bagels with butter	Egg and Pita (Fri)	Cheese & salad Toastee (Mon)	Garlic bread (Wed)