

# **Perk Up... Healthy Meals**

## **Menu**

### **Easy, Tasty Breakfasts**

**Fruit with Yoghurt & Honey, Smoothies**

### **Tasty Treat**

**Home cooked Chips**

### **Everyday Meal & Alternative Carbs**

**Tomato Based Sauce (Batch Cooking) with  
Spiralised Vegetables**

### **Saturday Night Takeaway**

**Easy Chicken Curry with Baby Leaf Spinach or  
Rice**

### **Friends for Dinner**

**Lemon Chicken with Boulangere Potatoes and a  
Melange of Vegetables**