



# 5 Healthy Meals

## ***Mondays***

### ***Sausage, mash & Peas***



Potatoes are a good source of fibre & help your body function. Sausages provide high levels of vitamins & iron.

## ***Tuesdays***

### ***Meatballs in a tomato sauce with Penne pasta & dough balls***



Meatballs are an excellent source of protein. Pasta is a good source of energy & provides fuel for the brain.

## ***Wednesdays***

### ***Burger with wedges & side salad***



Burgers are a good source of protein & iron. Potato wedges are a great way to boost your Vitamin C. They're also of source of potasssium, a nutirent important for your heart.

## ***Thursdays & Saturdays***

### ***Cheesy topped tomato & basil pasta feast with garlic bread & side salad***



Pasta is the perfect partner for so many foods. It goes with high rich fibre vegetables, hearty healthy fish, antioxidant tomato sauce & protein packed cheeses.

## ***Fridays & Sundays***

### ***Korma with rice & naan bread***

The spices used in curries have anti - inflammatory properties, which help with digestion & the heart.

