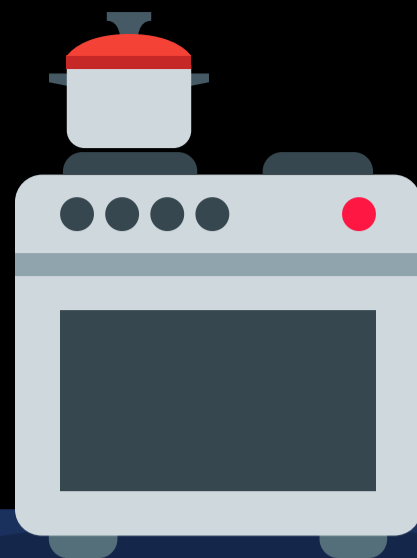


3 COURSE MEAL

YOU CAN MAKE FOR YOUR TEA



01



STARTER

Tomato Bruschetta

Follow the recipe on the website below to make this super easy and delicious starter.

<https://www.bbcgoodfood.com/recipes/tomato-bruschetta>

MAIN COURSE

Spaghetti Bolognese

Spaghetti Bolognese is a great way to include lots of veg in your diet! You can choose the type of pasta to have with it... My favourite is Fusilli.

https://www.bbc.co.uk/food/recipes/easy_spaghetti_bolognese_93639



02

DESSERT

Layered Dessert

For dessert why not make a layered dessert using some ingredients you can find at home. These can be super tasty but so simple to make! Here is an example of one

<https://www.bbcgoodfood.com/recipes/frozen-blackberry-yogurt>

03

