

Food North Tyneside



Recipes and ways to make your money go further.

We hope you are enjoying the Food North Tyneside newsletter. We are trying to gather as much feedback on this new initiative, so that we know what will be most helpful to residents. Fill in our short survey [here](#) to tell us what you think, or email us at food@northtyneside.gov.uk.

Spotlight on... Wallsend memorial hall

Wallsend Memorial Hall and Peoples Centre offers two lunch clubs a week, one for men on a Wednesday and a larger mixed group that meet on a Friday. The clubs bring older residents together to enjoy a tasty nutritious meal, catch up with each other, take part in some activities, make new friends as well as sharing experiences.

We promote the benefits of eating healthy nutritious food as well as the opportunity to try new foods or different menu choices. Each club offers a dinner, desert and tea or coffee.

We make everyone welcome and will strive to meet any dietary requirements or special requests. The clubs are friendly and supportive.

Bob asked for honey with his dinner and told us

" I eat my peas with honey, I have done it all my life, it makes the peas taste funny but keeps them on the knife!"

The costs are £6 per session. Book your place by contacting Gary on 07850 446385. We look forward to seeing you.



Recipe of the month

This month's recipe is **Anything goes frittata** which links in well with national egg day which was the 14th of October.

Ingredients

- 2 tbsp extra virgin olive oil
- 100g cooked sweet potato, cut into small chunks
- 175g cooked new potatoes, cut into small chunks
- 100g broccoli, stem sliced, and remainder cut into small florets
- ½ red pepper, seeds removed, cut into small chunks
- 1 leek, cut into chunks
- Handful of frozen peas
- 1 red or green chilli, finely chopped
- 100g feta
- 6 large free-range eggs
- sea salt and freshly ground black pepper
- green salad leaves, to serve



Method

- Heat the oil in a non-stick frying pan and gently fry the sweet potato, new potatoes, broccoli, pepper, and leek for 5-7 minutes. Add in the peas, chilli and feta and stir regularly.
- Break the eggs in a bowl, add in some salt and pepper and beat well using a large metal whisk.
- Pour the eggs into the pan and give it a little shake so they run between all the vegetables.
- Cook the frittata over a gentle heat for 5 minutes without stirring until the eggs are almost set. Meanwhile, preheat the grill to high. Place the frittata under the hot grill for 3–4 minutes, or until set.
- Loosen the sides of the frittata and slide onto a board. Cut into wedges and serve with a green leafy salad.

Recipe provided by [BBC Food](#)

Supermarket savers

Some of the supermarket savers that are advertised for this week are

- **Aldi's** super six this week are – baking potatoes 2.5kg £0.99, chestnut mushrooms £0.69, fine green beans £0.99, 5 pack of oranges £0.99, pears £0.89, baby plum tomatoes £0.69.
- **Iceland** are offering a bundle offer where you can choose from 1 filler, 1 bread, 1 snack and 1 cake product all for £4
- **Asda** has a price rollback on Yeo Valley Organic Kefir Strawberry Yogurt 4x from £2 to £1.25
- Why not pick up some fruit over half term from **Sainsbury's**. You can get 6 royal gala apples reduced to £1.00 and red seedless grapes reduced to £1.25

For our anything goes frittata, you can get:

- Extra virgin oil for £3.50 reduced from £4.99 at **Morrisons**
- 12 medium free-range eggs for £1.99 reduced from £2.25 at **Morrisons**
- Tinned new potatoes for £0.85p at **Morrisons**

Our **Supermarket of the Month** is ASDA, as throughout November and December they are launching “winter warmer”, which is where people aged 60 and over are able to get soup, a bread roll and unlimited tea and coffees for £1 at the café in stores.



Top tips

With October half term round the corner, lots of restaurants have announced that kids will eat free (or for £1) over the week off:

- Kids eat for £1 all day with no adult spend at **Asda Café**
- Two children under 16 can get a free breakfast every day at **Beefeater and Brewers Fayre** with one paying adult
- **Tesco café** are allowing kids to eat free with any purchase of fresh fruit by an adult throughout all the UK half terms
- Spend £4.99 after 3pm daily at **Morrisons** and get one free kids' meal
- Adults eat free at **Frankie & Benny's** with every child under 11 throughout the UK half term

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