

Grove House Nursery School and Children's Centre



Menus for Autumn / Winter 2022-23

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Toast	Cereal Toast	Cereal Toast	Cereal Toast	Cereal Toast
Snack am/pm	Fruit and veg selection Crackers	Fruit and veg selection Crackers	Fruit and veg selection Crackers	Fruit and veg selection Crackers	Fruit and veg selection Crackers
Lunch	Vegetable curry served with rice and cucumber raita Homemade orange cake	Vegetarian sausage hotpot served with mashed potato Bananas and custard	Lentil and leek bake with cheesy dumplings, served with sweetcorn Homemade shortbread	Bolognaise sauce made with lamb or plant based mince served with pasta penne Homemade apple sponge	Fish or veggie fingers served with mashed potato and peas Pineapple and raisin upside down pudding
Tea	Cheese on toast served with baked beans Natural yoghurt with warm apple and pear compote	Thick and creamy vegetable soup served with crusty bread Gingerbread muffins	Homemade pizza with fresh vegetable toppings Rice pudding	Homemade herby potato wedges served with homemade vegetable sauce Cornflake crunchies	Garlic bread with cheese Homemade flapjacks

A choice of milk and water are served with all meals