

# Grove House Nursery School and Children's Centre



## Menus for Autumn / Winter 2022-23

## Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal Toast	Cereal Toast	Cereal Toast	Cereal Toast	Cereal Toast
<b>Snack am/pm</b>	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
<b>Lunch</b>	Daal served with roti  Peach melba	Shepherd's pie served with green beans and broccoli  Orange and date muffins	Jacket potatoes served with cheese, baked beans and homemade coleslaw  Apple and blackberry crumble served with custard	Sweet and sour chicken or vegetarian chicken served with noodles  Rice pudding	Vegetable chilli and rice  Banana and pear custard
<b>Tea</b>	Savoury flapjacks  Homemade carrot cake	Homemade potato and leek soup served with crusty bread  Lemon and yoghurt loaf	Cheese and herb muffins with tomato and basil sauce  Mini pancakes served with blueberry sauce	Toasted muffins served with cheese and salad  Pear and pineapple smoothie	Red pepper and tomato soup served with toast  Homemade cranberry cookies

***A choice of milk and water are served with all meals***