

Grove House Nursery School and Children's Centre



Menus for Autumn / Winter 2022-23

Week 3

	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	Chicken or vegetarian casserole served with mashed potatoes Strawberry scones	Aloo gobi served with raita and naan bread Gingerbread biscuits	Pasta with spicy tomato and vegetable sauce, served with cheese Peach cobbler	Lamb or vegetarian meatballs, served with vegetable rice Apple crumble served with custard	Fish or veggie fingers served with potato wedges, peas and homemade tomato sauce Lemon drizzle cake
Tea	Vegetable and lentil soup with brown bread Fruit muffins	Mini muffin pizzas Rice pudding	Caribbean pumpkin soup with crusty bread Homemade cookies	Jacket potato served with baked beans Freshly made fruit smoothie	Hummus dip served with pitta bread and vegetable sticks Yoghurt with fresh fruit

A choice of milk and water are served with all meals