

# Grove House Nursery School and Children's Centre



## Menus for Autumn / Winter 2022-23

## Week 2

	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>	Vegetable lasagne served with garlic bread  Natural yoghurt with warm fruit	Roast chicken or plant based chicken pieces served with roast potatoes, carrots, sprouts and gravy  Rice pudding	Mutter paneer served with rice and cucumber raita  Red berry smoothie	Lamb or plant based mince cobbler served with peas and sweetcorn  Autumn muffins	Homemade pizza served with salad  Jamaican pineapple cake
<b>Tea</b>	Homemade carrot and coriander soup served with wholemeal bread  Homemade shortbread	Toasted crumpets with soft cheese or fruit compote  Chocolate brownies	Jacket potatoes with tuna mayonnaise or baked beans  Banana and raisin flapjacks	Brown bread sandwiches with an assortment of fillings  Baked apples	Courgette muffins with fresh tomato sauce  Greek yoghurt served with warm winterberry compote

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