

# Grove House Nursery School and Children's Centre



## Menus for Spring / Summer 2023

## Week 4

|                    | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--------------------|--|--|--|---|---|
| <b>Breakfast</b>   | Cereal<br>Toast  | Cereal<br>Toast  | Cereal<br>Toast  | Cereal<br>Toast   | Cereal<br>Toast   |
| <b>Snack am/pm</b> | Fruit and veg selection<br>Crackers  | Fruit and veg selection<br>Crackers  | Fruit and veg selection<br>Crackers  | Fruit and veg selection<br>Crackers   | Fruit and veg selection<br>Crackers                                   |
| <b>Lunch</b>       | Ratatouille with pasta<br><br>Strawberries and Cream                       | Lemon chicken or plant-based chicken style pieces and butternut squash risotto served with peas and sweetcorn<br><br>Spiced apple and raisin muesli bars | Rajma chawal and cucumber riata<br><br>Homemade cake and custard             | North African fish tagine served with couscous<br><br>Greek style yoghurt with fruit to dip | Mixed vegetable pie served with gravy<br><br>Raspberry and peach cake |
| <b>Tea</b>         | Sweet potato wedges with salad<br><br>Fruit salad with Greek style yoghurt | Warm pittas, carrot and cucumber sticks with homemade roasted aubergine dip<br><br>Berries with homemade ice cream                                       | Bagels with cream cheese or fruit compote<br><br>Banana and spinach pancakes | Jacket potatoes with tuna, cheese and salad<br><br>Oatmeal cookies with apple and carrot    | Pizza quesadillas<br><br>Yoghurt and fruit smoothie                   |

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