

Grove House Nursery School and Children's Centre



Menus for Autumn / Winter 2021-22

Week 2

	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 lasagne served with garlic bread Natural yoghurt with warm fruit	Cornish pasties made with lamb or vegetarian mince, served with mashed potato, green beans and gravy Baked macaroni pudding	Mutter paneer served with rice and cucumber raita Banana and raisin flapjacks	Lamb or vegetarian mince cobbler served with peas and sweetcorn Autumn muffins	Homemade veggie or fishcakes served with broccoli and cauliflower cheese bake Homemade shortbread
Tea	Homemade carrot and coriander soup served with wholemeal bread Jamaican pineapple cake	Toasted crumpets with soft cheese or fruit compote Baked apples	Jacket potatoes with baked beans Red berry smoothie	Brown bread sandwiches with an assortment of fillings Chocolate brownies	Homemade vegetable samosas with fresh tomato sauce Greek yoghurt served with warm winterberry compote

A choice of milk and water are served with all meals