

Grove House Children's Centre

Menus for Spring / Summer 2021

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Toast	Cereal yoghurt	Cereal Toast	Cereal Crumpets	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	Tomato pasta with courgettes, served with sweetcorn Homemade shortbread	Chick pea and potato curry with rice served with riata Homemade strawberry cheesecake ice cream	Homemade burgers (lamb or plant-based) served in buns with homemade tomato and vegetable sauce and potato wedges Melon with berries	Moroccan style chicken or plant-based chicken style pieces served with couscous Bananas and custard	Salmon and broccoli pasta gratin with salad Apple sponge
Tea	Hummus and pea dip with wholemeal pitta and cucumber and carrot sticks Fresh banana and mango shake	Minestrone soup with brown bread Chocolate and banana cake	Savoury scones with homemade tomato sauce Lemon drizzle cake	Homemade vegetarian pizza with salad Strawberries and cream	Tomato and mozzarella wraps Fresh fruit smoothie

A choice of milk and water are served with all meals