



Greenwood Nursery Winter Menu 2019

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge, Fruit Scrambled Eggs on Toast	Homemade granola & Yoghurt Fruit French Toast	Cornflakes Fruit Pancakes	Muesli & Yoghurt Fruit Boiled eggs on Toast	Porridge Fruit Cheese & tomato omelette
Am Snack	Mixed fruits & Rice cakes	Mixed fruits and pitta bread	Mixed fruits & bread sticks	Mixed fruits & cheese biscuits	Mixed fruits & Oat cakes
Lunch	Vegetable Lasagne & Mixed Salad	Shepherd's Pie w. peas and mixed salad	Moroccan bean Stew with Cauliflower Couscous	Chicken/vegetable & Chickpea Curry	Make your own Sandwiches With Salad
Pudding	Baked apples w. yoghurt	Date / Prunes Bliss Balls	Fruit Jelly	Red berry and oatmeal sundae	Seasonal Fruit Crumble w. yoghurt
Pm Snack	Vegetable sticks & Crackers	Vegetable sticks & Roasted chickpeas	Vegetable sticks & Popcorn	Vegetable sticks & Cheese biscuits	Vegetable sticks & Rice cakes
Dinner	Chicken Sausages with Bangers and Mash	Vegetable Pizza w. Mixed Salad	Spaghetti Bolognese (beef/lentil) w. Mixed Salad	Fish Pie w. leeks, peas and salad	Cauliflower and Macaroni Cheese w. peas
Pudding	Treat of the Week	Yoghurt with seasonal compote	Banana Chocolate Mousse	Watermelon	Vegan Brownies

*This menu will rotate so children don't always get the same food on the same day!