

**Greenfields Children's Centre January 2023 – March 2023 Menu**  
**Week one starts 2<sup>nd</sup> January 2023**

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week one</b>	<b>L U N C H</b>	Penne with roasted vegetables in a tomato sauce	Tuna pie with a mash topping	Roast chicken drumsticks Veg roast	Potato and cauliflower curry Lentil curry	Vegan spicy sausage casserole
		Mixed seasonal salad	Greens	Carrots Roast Potatoes	Rice Mixed salad	Mash or boiled potatoes
		Crumble and custard	Semolina	Banana and custard	Fruit	Fruit pancakes
	<b>T E A</b>	Fresh fruit and milk Toast with beans Oat biscuits	Fresh fruit and milk Cucumber sandwiches Rice pudding	Fresh fruit and milk Fish fingers with beans Fruit Yoghurt	Fresh fruit and milk Cheese on toast Banana bread	Fresh fruit and milk Cheese and tomato sandwiches Bananas in custard
		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week two</b>	<b>L U N C H</b>	Fish fingers Vegetable fingers	Pasta with roasted vegetables	Pizza	Spaghetti Bolognese Vegetable Bolognese	Paneer curry
		Chips Beans		Boiled potatoes Salad	Mixed seasonal salad	Jeera rice Naan Salad
		Chocolate cake and custard	Pineapple upside down cake	Fresh fruit	Ice-cream	Carrot cake tray bake
	<b>T E A</b>	Fresh fruit and milk Vegetarian chow mein Rice pudding	Fresh fruit and milk Make your own sandwiches with a choice of fillings Apple upside down cake	Fresh fruit and milk Vegetable stir fry Oat biscuits	Fresh fruit and milk Salad rolls Home – made scones	Fresh fruit and milk Vegetable sausage rolls Ice cream
		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week three</b>	<b>L U N C H</b>	Pasta	Pizza	Chickpea curry	Vegetarian sausage casserole	Chicken burgers Veg burger
			Chips Coleslaw	Rice Warm pitta bread Salad	Boiled baby potatoes Carrots	Bread roll Salad
		Fruit cake	Semolina	Luscious vegan gingerbread	Fruit pancakes	Rice pudding
	<b>T E A</b>	Fresh fruit and milk Cheese on toast Chocolate chip cookies	Fresh fruit and milk Fish fingers and beans Apple cake	Fresh fruit and milk Pasta with vegetables Rice cakes	Fresh fruit and milk Soup with croutons Flapjacks	Fresh fruit and milk Home-made Blueberry muffins Vegetarian chow mein