



Garden Road School  
Cultivating the future

## GRS SUMMER MENU



MENU 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Popcorn & Shortbread Biscuits
Lunch	Spaghetti with garlic, herbs and olive oil	Pap with Spinach	Egg fried rice with mixed vegetables	Vegetable Chow Mein	Macaroni Cheese
Afternoon Snack	Fresh bread with choice of butter, jam or peanut butter	Fresh bread with choice of butter, jam or peanut butter	Fresh bread with choice of butter, jam or peanut butter	Fresh bread with choice of butter, jam or peanut butter	Fresh bread with choice of butter, jam or peanut butter

MENU 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Popcorn & Shortbread Biscuits
Lunch	Spaghetti Napolitana	Pap with Cabbage	Rice and Dhal	Vegetable Quiche	Tomato and Spinach Pizza
Afternoon Snack	Fresh bread with choice of butter, jam or peanut butter	Fresh bread with choice of butter, jam or peanut butter	Fresh bread with choice of butter, jam or peanut butter	Fresh bread with choice of butter, jam or peanut butter	Fresh bread with choice of butter, jam or peanut butter