



Garden Road School

Cultivating the future

GRDM WINTER MENU



MENU 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Seasonal Fresh Fruit/ Jungle Oats (Cold Days)	Seasonal Fresh Fruit/ Jungle Oats (Cold Days)	Seasonal Fresh Fruit/ Jungle Oats (Cold Days)	Seasonal Fresh Fruit/ Jungle Oats (Cold Days)	Popcorn & Shortbread Biscuit
Lunch	Green Pea Soup	Pap With Spinach	Lentils & Rice	Samp & Beans	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/ Jungle Oats (Cold Days)	Seasonal Fresh Fruit/ Jungle Oats (Cold Days)	Seasonal Fresh Fruit/ Jungle Oats (Cold Days)	Seasonal Fresh Fruit / Jungle Oats (Cold Days)	Popcorn & Shortbread Biscuit
Lunch	Minestrone Soup	Pap With Cabbage	Mild Curry Vegetables & Rice	Lentil & Veg Cottage Pie	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