

Living Spring Montessori - Weekly Menus

Fruit and Vegetables Served with Lunch and Tea

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
29/08 26/09 24/10 21/11	Breakfast	Cornflakes	Porridge Oats with Raisins	Weetabix	Porridge Oats with Raisins	Shreddies
	Lunch	Pasta Bake in Tomato Sauce Fresh Salad	Chicken Potato Casserole Mixed Vegetables	Spaghetti Bolognese with Garlic Bread Mixed Paprika	Vegetable and Bean Pie Baby Carrots	Lentil Curry with Rice Mixed Vegetables
	Dessert	Natural Yoghurt with Strawberry Compote	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Tea Younger Nido	Seasonal Vegetable Soup	Parsnip Soup	Carrot & Sweet Potato Soup	Seasonal Vegetable Soup	Chicken Soup
	Tea Older Nido/ IC & CH	Seasonal Vegetable Soup	Selection of Sandwiches	Carrot & Sweet Potato Soup	Selection of Sandwiches	Margherita Pizza
Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
05/09 03/10 31/10 28/11	Breakfast	Cornflakes	Porridge Oats with Raisins	Weetabix	Porridge Oats with Raisins	Shreddies
	Lunch	Spinach Pasta Bake Fresh Salad	Chili Con Carne with Rice Mixed Vegetables	Vegetable Lasagne Grated Carrot Salad	Cheese Broccoli and Cauliflower Bake Baby Carrots	Vegetable Curry with Rice Mixed Vegetables
	Dessert	Natural Yoghurt with Strawberry Compote	Fresh Fruit	Fresh Fruit	Fresh Fruit	Apple Crumble with Custard
	Tea Younger Nido	Butternut Squash Soup	Parsnip Soup	Carrot & Sweet Potato Soup	Seasonal Vegetable Soup	Carrot Soup
	Tea Older Nido/ IC & CH	Pitta Bread with Guacamole + Veggie Sticks	Selection of Sandwiches	Crumpet with Cream Cheese	Selection of Sandwiches	Toasted Bagels with Cream Cheese

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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
12/09 10/10 07/11 05/12	Breakfast	Cornflakes	Porridge Oats with Raisins	Weetabix	Porridge Oats with Raisins	Shreddies
	Lunch	Pasta Bake in Tomato Sauce Fresh Salad	Vegetable Potato Casserole Mixed Vegetables	Lamb Mince Lasagne Grated Carrot Salad	Chicken Drumsticks with Roasted Potato Red Cabbage Salad	Chickpea Curry with Rice Mixed Vegetables
	Dessert	Natural Yoghurt with Strawberry Compote	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Tea Younger Nido	Seasonal Vegetable Soup	Parsnip Soup	Carrot and Sweet Potato Soup	Seasonal Vegetable Soup	Chicken Soup
	Tea Older Nido/ IC & CH	Seasonal Vegetable Soup	Selection of Sandwiches	Carrot & Sweet Potato Soup	Selection of Sandwiches	Margherita Pizza
Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
19/09 17/10 14/11 12/12	Breakfast	Cornflakes	Porridge Oats with Raisins	Weetabix	Porridge Oats with Raisins	Shreddies
	Lunch	Spinach Pasta Bake Fresh Salad	Coconut & Coriander Chicken with Rice Mixed Vegetables	Vegetable Lasagne Grated Carrot Salad	Shepherds Pie Baby Carrots	Bean Curry with Rice Mixed Vegetables
	Dessert	Natural Yoghurt with Strawberry Compote	Fresh Fruit	Fresh Fruit	Fresh Fruit	Apple Crumble with Custard
	Tea Younger Nido	Butternut Squash Soup	Parsnip Soup	Carrot & Sweet Potato Soup	Seasonal Vegetable Soup	Carrot Soup
	Tea Older Nido/ IC & CH	Pitta Bread with Guacamole + Veggie Sticks	Selection of Sandwiches	Crumpet with Cream Cheese	Selection of Sandwiches	Toasted Bagels with Cream Cheese