

Living Spring Montessori - Weekly Menus

Fruit and Vegetables Served with Lunch and Tea

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
03/09 01/10 29/10 26/11	Breakfast	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	Lunch	Lentil Curry with Rice Mixed Vegetable	Vegetable/Chicken Potato Casserole Mixed Vegetables	Spaghetti Bolognese with Garlic Bread Mixed Paprika	Vegetable Shepherd's Pie Baby Carrot	Macaroni Cheese with Quorn/Lamb mince Bake Salad
	Dessert	Natural Yoghurt with Strawberry Compote	Fresh Fruit	Fresh Fruit	Fresh Fruit	Apple Crumble with Custard
	Tea Younger Nido	Seasonal Vegetable Soup	Parsnip Soup	Leek and Potato Soup	Seasonal Vegetable Soup	Carrot Soup
	Tea Older Nido/ IC & CH	Seasonal Vegetable Soup	Selection of Sandwiches	Leek and Potato Soup	Selection of Sandwiches	Margherita Pizza
Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
10/09 08/10 05/11 03/12	Breakfast	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	Lunch	Pasta Bake in white Sauce Fresh Salad	Chicken Drumstick with Potato and Gravy Red Cabbage Salad	Vegetable Lasagne Grated Carrot	Shepherd's Pie Baby Carrot	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 and Sweet Potato Soup	Seasonal Vegetable Soup	Carrot Soup
	Tea Older Nido/ IC & CH	Pitta Bread with Houmous + Veggie Sticks	Selection of Sandwiches	Carrot and Sweet Potato Soup	Selection of Sandwiches	Toasted Bagels with Cream Cheese & Crunchy Veggie Sticks

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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
17/09 15/10 12/11 10/12	Breakfast	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	Lunch	Chickpea Curry with Rice Mixed Vegetable	Chicken Stew with Rice Mixed Vegetables	Spaghetti Bolognese with Garlic Bread Mixed Paprika	Fish Pie Peas	Cream Chicken with Spinach Pasta Bake Salad
	Dessert	Natural Yoghurt with Strawberry Compote	Fresh Fruit	Fresh Fruit	Fresh Fruit	Apple Crumble with Custard
	Tea Younger Nido	Seasonal Vegetable Soup	Parsnip Soup	Leek and Potato Soup	Seasonal Vegetable Soup	Carrot Soup
	Tea Older Nido/ IC & CH	Seasonal Vegetable Soup	Selection of Sandwiches	Leek and Potato Soup	Selection of Sandwiches	Margherita Pizza
Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
24/09 22/10 19/11	Breakfast	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	Lunch	Tuna Fish Pasta Bake Fresh Salad	Coconut and Coriander Chicken with Rice Mixed Vegetables	Lamb Lasagne Grated Carrot	Creamed Cauliflower and Mash Potato Bake Baby Carrot	Con Carne 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 and Sweet Potato Soup	Seasonal Vegetable Soup	Carrot Soup
	Tea Older Nido/ IC & CH	Pitta Bread with Houmous + Veggie Sticks	Selection of Sandwiches	Carrot and Sweet Potato Soup	Selection of Sandwiches	Toasted Bagels with Cream Cheese & Crunchy Veggie Sticks