

## Living Spring Montessori - Weekly Menus

### Fruit and Vegetables Served with Lunch and Tea

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
06/01 03/02 02/03 30/03	<b>Breakfast</b>	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	<b>Lunch</b>	Pasta Bake in Tomato Sauce Fresh Salad	Veggie/Chicken Potato Casserole Mixed Vegetables	Spaghetti Bolognese with Garlic Bread Mixed Paprika	Fish Pie Baby Carrots	Lentil Curry with Rice Mixed Vegetables
	<b>Dessert</b>	Naturel Yoghurt with Strawberry Compote	Fresh Fruit	Fresh Fruit	Fresh Fruit	Apple Crumble with Custard
	<b>Tea Younger Nido</b>	Butternut Squash Soup	Parsnip Soup	Carrot & Sweet Potato Soup	Seasonal Vegetable Soup	Chicken Soup
	<b>Tea Older Nido/ IC &amp; CH</b>	Butternut Squash Soup	Selection of Sandwiches	Crumpets with Cream Cheese	Selection of Sandwiches	Margherita Pizza
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	
13/01 10/02 09/03	<b>Breakfast</b>	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	<b>Lunch</b>	Pasta Bake in White Sauce Fresh Salad	Chicken Stew with Rice Mixed Vegetables	Vegetable Lasagne Grated Carrot Salad	Shepherd's Pie Baby Carrots	Vegetable Curry with Rice Mixed Vegetables
	<b>Dessert</b>	Naturel Yoghurt with Strawberry Compote	Fresh Fruit	Fresh Fruit	Fresh Fruit	Apple Crumble with Custard
	<b>Tea Younger Nido</b>	Butternut Squash Soup	Parsnip Soup	Carrot & Sweet Potato Soup	Seasonal Vegetable Soup	Leek and Potato Soup
	<b>Tea Older Nido/ IC &amp; CH</b>	Pitta Bread with Guacomole + Veggie Sticks	Selection of Sandwiches	Carrot and Sweet Potato Soup	Selection of Sandwiches	Toasted Bagels with Cream Cheese

## Living Spring Montessori - Weekly Menus

### Fruit and Vegetables served with Lunch and Tea

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
20/01 17/02 16/03	<b>Breakfast</b>	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	<b>Lunch</b>	Spinach Pasta Bake Fresh Salad	Chicken Drumstick with Roasted Potato Red Cabbage Salad	Vegetable Noodles Mixed Vegetables	Vegetable Shepherd's Pie Baby Carrots	Chickpea Curry with Rice Mixed Vegetables
	<b>Dessert</b>	Naturel Yoghurt with Strawberry Compote	Fresh Fruit	Fresh Fruit	Fresh Fruit	Apple Crumble with Custard
	<b>Tea Younger Nido</b>	Butternut Squash Soup	Parsnip Soup	Carrot and Sweet Potato Soup	Seasonal Vegetable Soup	Chicken Soup
	<b>Tea Older Nido/ IC &amp; CH</b>	Butternut Squash Soup	Selection of Sandwiches	Crumpets with Cream Cheese	Selection of Sandwiches	Margherita Pizza
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	
27/01 24/02 23/03	<b>Breakfast</b>	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	<b>Lunch</b>	Tuna Fish Pasta Fresh Salad	Coconut & Coriander Chicken with Rice Mixed Vegetables	Lamb Mince Lasagne Grated Carrot Salad	Cheese Broccoli and Cauliflower Bake Baby Carrots	Vegetable Couscous Mixed Vegetables
	<b>Dessert</b>	Naturel Yoghurt with Strawberry Compote	Fresh Fruit	Fresh Fruit	Fresh Fruit	Apple Crumble with Custard
	<b>Tea Younger Nido</b>	Butternut Squash Soup	Parsnip Soup	Carrot & Sweet Potato Soup	Seasonal Vegetable Soup	Leek and Potato Soup
	<b>Tea Older Nido/ IC &amp; CH</b>	Pitta Bread with Guacomole + Veggie Sticks	Selection of Sandwiches	Carrot and Sweet Potato Soup	Selection of Sandwiches	Toasted Bagels with Cream Cheese