

Living Spring Montessori - Weekly Menus

Fruit and Vegetables Served with Lunch and Tea

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
01/06 29/06 27/07	Breakfast	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	Lunch	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
	Dessert	Naturel 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	Chicken Soup
	Tea Older Nido/ IC & CH	Butternut Squash Soup	Selection of Sandwiches	Crumpets with Cream Cheese	Selection of Sandwiches	Margherita Pizza
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	
08/06 06/07 03/08	Breakfast	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	Lunch	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
	Dessert	Naturel 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	Leek and Potato Soup
	Tea Older Nido/ IC & CH	Pitta Bread with Guacamole + Veggie Sticks	Selection of Sandwiches	Carrot and Sweet Potato Soup	Selection of Sandwiches	Toasted Bagels with Cream Cheese

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
15/06 13/07 10/08	Breakfast	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	Lunch	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
	Dessert	Naturel 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	Chicken Soup
	Tea Older Nido/ IC & CH	Butternut Squash Soup	Selection of Sandwiches	Crumpets with Cream Cheese	Selection of Sandwiches	Margherita Pizza
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	
22/06 20/07	Breakfast	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	Lunch	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
	Dessert	Naturel 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	Leek and Potato Soup
	Tea Older Nido/ IC & CH	Pitta Bread with Guacamole + Veggie Sticks	Selection of Sandwiches	Carrot and Sweet Potato Soup	Selection of Sandwiches	Toasted Bagels with Cream Cheese