

## Living Spring Montessori - Weekly Menus

### Fruit and Vegetables Served with Lunch and Tea

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
31/08 28/09 26/10 23/11	<b>Breakfast</b>	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	<b>Lunch</b>	Pasta Bake in Tomato Sauce <small>Fresh Salad</small>	Veggie/Chicken Potato Casserole <small>Mixed Vegetables</small>	Spaghetti Bolognese with Garlic Bread <small>Mixed Paprika</small>	Vegetable Shepherds Pie <small>Baby Carrots</small>	Lentil Curry with Rice <small>Mixed Vegetables</small>
	<b>Dessert</b>	Natural 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	
07/09 05/10 02/11 30/11	<b>Breakfast</b>	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	<b>Lunch</b>	Spinach Pasta Bake <small>Fresh Salad</small>	Chicken Stew with Rice <small>Mixed Vegetables</small>	Vegetable Lasagne <small>Grated Carrot Salad</small>	Cheese Broccoli and Cauliflower Bake <small>Baby Carrots</small>	Vegetable Curry with Rice <small>Mixed Vegetables</small>
	<b>Dessert</b>	Natural 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	Carrot Soup
	<b>Tea Older Nido/ IC &amp; CH</b>	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	
14/09 12/10 09/11 07/12	<b>Breakfast</b>	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	<b>Lunch</b>	Pasta Bake in Tomato Sauce <small>Fresh Salad</small>	Chicken Drumstick with Roasted Potato <small>Red Cabbage Salad</small>	Vegetable Bolognese with Garlic Bread <small>Mixed Paprika</small>	Vegetable Shepherd's Pie <small>Baby Carrots</small>	Chickpea Curry with Rice <small>Mixed Vegetables</small>
	<b>Dessert</b>	Natural 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	
21/09 19/10 16/11 14/12	<b>Breakfast</b>	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	<b>Lunch</b>	Tuna Fish Pasta <small>Fresh Salad</small>	Coconut & Coriander Chicken with Rice <small>Mixed Vegetables</small>	Vegetable Lasagne <small>Grated Carrot Salad</small>	Shepherd's Pie <small>Baby Carrots</small>	Bean Curry with Rice <small>Mixed Vegetables</small>
	<b>Dessert</b>	Natural 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	Carrot Soup
	<b>Tea Older Nido/ IC &amp; CH</b>	Pitta Bread with Guacamole + Veggie Sticks	Selection of Sandwiches	Carrot and Sweet Potato Soup	Selection of Sandwiches	Toasted Bagels with Cream Cheese