

## Living Spring Montessori - Weekly Menus

Fruit and Vegetables Served with Lunch and Tea

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
10/05 07/06 05/07 02/08	<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	Vegetable Shepherds Pie Baby Carrots	Lentil Curry with Rice Mixed Vegetables
	<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	
17/05 14/06 12/07 09/08	<b>Breakfast</b>	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	<b>Lunch</b>	Spinach Pasta Bake Fresh Salad	Chicken Stew with Rice Mixed Vegetables	Vegetable Lasagne Grated Carrot Salad	Cheese Broccoli and Cauliflower Bake Baby Carrots	Vegetable Curry with Rice Mixed Vegetables
	<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

## Living Spring Montessori - Weekly Menus

Fruit and Vegetables served with Lunch and Tea

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
24/05 21/06 19/07	<b>Breakfast</b>	Cornflakes	Porridge Oats with Raisins	Wheatabix	Porridge Oats with Raisins	Shreddies
	<b>Lunch</b>	Pasta Bake in Tomato Sauce Fresh Salad	Chicken Drumstick with Roasted Potato Red Cabbage Salad	Vegetable Bolognese with Garlic Bread Mixed Paprika	Vegetable Shepherd's Pie Baby Carrots	Chickpea Curry with Rice Mixed Vegetables
	<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	
03/05 31/05 28/06 26/07	<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	Vegetable Lasagne Grated Carrot Salad	Shepherd's Pie Baby Carrots	Bean Curry with Rice Mixed Vegetables
	<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