

## Living Spring Montessori - Weekly Menus

Fruit and Vegetables Served with Lunch and Tea

| Week 1                           |                         | Monday                                     | Tuesday                                       | Wednesday  | Thursday   | Friday                                     |
|----------------------------------|-------------------------|--|---|--|--|--|
| 08/05<br>05/06<br>03/07<br>31/07 | Breakfast               | Cornflakes                                 | Porridge Oats with Raisins                    | Weetabix   | Porridge Oats with Raisins                           | Shreddies                                  |
|                                  | Lunch                   | Pasta Bake in Tomato Sauce<br>Fresh Salad  | Chicken Stew with Rice<br>Mixed Vegetables    | Spaghetti Bolognese with Garlic Bread<br>Mixed Paprika | Vegetable and Bean Pie<br>Baby Carrots               | Lentil Curry with Rice<br>Mixed Vegetables |
|                                  | Dessert                 | Natural Yoghurt with Strawberry Compote    | Fresh Fruit                                   | Fresh Fruit  | Fresh Fruit  | Fresh Fruit                                |
|                                  | Tea Younger Nido        | Butternut Squash Soup                      | Parsnip Soup                                  | Carrot & Sweet Potato Soup                             | Mixed Vegetables Soup                                | Chicken Soup                               |
|                                  | Tea Older Nido/ IC & CH | Butternut Squash Soup                      | Selection of Sandwiches                       | Crumpet with Cream Cheese                              | Selection of Sandwiches                              | Margherita Pizza                           |
| Week 2                           |                         | Monday                                     | Tuesday                                       | Wednesday  | Thursday   | Friday                                     |
| 15/05<br>12/06<br>10/07<br>07/08 | Breakfast               | Cornflakes                                 | Porridge Oats with Raisins                    | Weetabix   | Porridge Oats with Raisins                           | Shreddies                                  |
|                                  | Lunch                   | Spinach Pasta Bake<br>Fresh Salad          | Chili Con Carne with Rice<br>Mixed Vegetables | Vegetable Lasagne<br>Grated Carrot Salad               | Cheese Broccoli and Cauliflower Bake<br>Baby Carrots | Bean Curry with Rice<br>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 & Sweet Potato Soup                             | Mixed Vegetables Soup                                | Carrot Soup                                |
|                                  | Tea Older Nido/ IC & CH | Pitta Bread with Guacamole + Veggie Sticks | Selection of Sandwiches                       | Carrot & Sweet Potato Soup                             | Selection of Sandwiches                              | Toasted Bagels with Cream Cheese           |

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| Week 3                           |                         | Monday                                     | Tuesday   | Wednesday  | Thursday                               | Friday                                       |
|----------------------------------|-------------------------|--|---|--|--|--|
| 22/05<br>19/06<br>17/07          | Breakfast               | Cornflakes                                 | Porridge Oats with Raisins                                | Weetabix   | Porridge Oats with Raisins             | Shreddies                                    |
|                                  | Lunch                   | Pasta Bake in Tomato Sauce<br>Fresh Salad  | Chicken Curry with Rice<br>Mixed Vegetables               | Spaghetti Bolognese with Garlic Bread<br>Mixed Paprika | Vegetable and Bean Pie<br>Baby Carrots | Chickpea Curry with Rice<br>Mixed Vegetables |
|                                  | Dessert                 | Natural Yoghurt with Strawberry Compote    | Fresh Fruit   | Fresh Fruit  | Fresh Fruit                            | Fresh Fruit                                  |
|                                  | Tea Younger Nido        | Butternut Squash Soup                      | Parsnip Soup  | Carrot and Sweet Potato Soup                           | Mixed Vegetables Soup                  | Chicken Soup                                 |
|                                  | Tea Older Nido/ IC & CH | Butternut Squash Soup                      | Selection of Sandwiches                                   | Crumpet with Cream Cheese                              | Selection of Sandwiches                | Margherita Pizza                             |
| Week 4                           |                         | Monday                                     | Tuesday   | Wednesday  | Thursday                               | Friday                                       |
| 01/05<br>29/05<br>26/06<br>24/07 | Breakfast               | Cornflakes                                 | Porridge Oats with Raisins                                | Weetabix   | Porridge Oats with Raisins             | Shreddies                                    |
|                                  | Lunch                   | Spinach Pasta Bake<br>Fresh Salad          | Coconut & Coriander Chicken with Rice<br>Mixed Vegetables | Vegetable Lasagne<br>Grated Carrot Salad               | Shepherds Pie<br>Baby Carrots          | Bean Curry with Rice<br>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 & Sweet Potato Soup                             | Mixed Vegetables Soup                  | Carrot 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             |