

# Living Spring Montessori - Weekly Menus

## Fruit and Vegetables Served with Lunch and Tea

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
28/08 25/09 23/10 20/11	Breakfast	Cornflakes	Porridge Oats with Raisins	Weetabix	Porridge Oats with Raisins	Shreddies
	Lunch	Pasta Bake in Tomato Sauce Fresh Salad	Chicken Stew with Rice Mixed Vegetables	Spaghetti Bolognese with Garlic Bread Mixed Paprika	Vegetable and Bean Pie Baby Carrots	Lentil Curry with Rice 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
04/09 02/10 30/10 27/11	Breakfast	Cornflakes	Porridge Oats with Raisins	Weetabix	Porridge Oats with Raisins	Shreddies
	Lunch	Spinach Pasta Bake Fresh Salad	Chili Con Carne with Rice Mixed Vegetables	Vegetable Lasagne Grated Carrot Salad	Cheese Broccoli and Cauliflower Bake Baby Carrots	Bean Curry with Rice 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 Guacomole + 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
11/09 09/10 06/11 04/12	Breakfast	Cornflakes	Porridge Oats with Raisins	Weetabix	Porridge Oats with Raisins	Shreddies
	Lunch	Pasta Bake in Tomato Sauce Fresh Salad	Chicken Curry with Rice Mixed Vegetables	Spaghetti Bolognese with Garlic Bread Mixed Paprika	Vegetable and Bean Pie Baby Carrots	Chickpea Curry with Rice 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
18/09 16/10 13/11 11/12	Breakfast	Cornflakes	Porridge Oats with Raisins	Weetabix	Porridge Oats with Raisins	Shreddies
	Lunch	Spinach Pasta Bake Fresh Salad	Coconut & Coriander Chicken with Rice Mixed Vegetables	Vegetable Lasagne Grated Carrot Salad	Shepherds Pie Baby Carrots	Bean Curry with Rice 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