

Living Spring Montessori - Weekly Menus

Fruit and Vegetables Served with Lunch and Tea

| Week 1 | | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|-------------------------|--|---|--|--|--|
| 06/05 03/06 01/07 29/07 | 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 |
| 13/05 10/06 08/07 05/08 | 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 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 |
|-------------------------|-------------------------|--|---|--|--|--|
| 20/05 17/06 15/07 | 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 |
| 27/05 24/06 22/07 | 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 |