

Little Orchard Montessori Nursery

Weekly Menu

Week 1






Days	Breakfast	Snack	Lunch	Dessert	Snack	Tea
Monday	Cereal, toast, banana and fruit juice	Digestive biscuits and raisins	Kedgerree 	Banana Custard	Ritz Fruit/Veg	Egg on toast Fruit flapjack
Tuesday	Cereal, toast, banana and fruit juice	Ritz and Fruit/Veg	Pork Goulash 	Cherry and Coconut Buns	Breadsticks Raisins	Soup Yoghurt
Wednesday	Cereal, toast, banana and fruit juice	Rice cake Fruit/Veg	Roast Chicken 	Jelly	Orange juicing And Yoghurt	Cheese and crackers Buns
Thursday	Cereal, toast, banana and fruit juice	Breadsticks Fruit/Veg	Moussaka 	Fruit loaf	Cheese, crackers and grapes	Wraps Fruit Plate
Friday	Cereal, toast, banana and fruit juice	Hummus, cucumber and oat cakes	Beef stew 	Yoghurt and grapes	Malt loaf Fruit/Veg	Ham sandwiches Angel Delight
	Water	Water or Milk	Water		Water or Milk	Water or fruit juice

Salad or Seasonal Vegetables served daily
Menu maybe subject to change without prior notice

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Weekly Menu

Week 2



Days	Breakfast	Snack	Lunch	Dessert	Snack	Tea
Monday	Cereal, toast, banana and fruit juice	Veg stick and dip	Spaghetti bolognese 	Fruity Flapjack	Malt loaf and Apple	Hot dogs Yoghurt and Fruit
Tuesday	Cereal, toast, banana and fruit juice	Bread sticks and fruit	Lamb burgers 	Banana and custard	Digestive Fruit/Veg	Eggy Bread Fruity Flapjack
Wednesday	Cereal, toast, banana and fruit juice	Oatcake and Fruit	Pesto roasted fish 	Yoghurt and Fruit	Veg stick and dip	Soup Fruit plate
Thursday	Cereal, toast, banana and fruit juice	Cheese and raisins	Vegetable cobbler 	Jelly	Popcorn Fruit/Veg	Sandwiches Banana Custard
Friday	Cereal, toast, banana and fruit juice	Rice cake Fruit/Veg	Sausage casserole 	Stewed fruit and ice cream	Ritz and Raisin	Pitta Rice Pudding
	Water	Water or Milk	Water		Water or Milk	Water or fruit juice

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Weekly Menu

Week 3

Days	Breakfast	Snack	Lunch	Dessert	Snack	Tea
Monday	Cereal, toast, banana and fruit juice	Digestive biscuit Fruit/Veg	Vegetable hot pot and bread rolls 	Fruit Crumble	Rice cakes Fruit/Veg	Muffin pizza Angel Delight
Tuesday	Cereal, toast, banana and fruit juice	Cheese and raisins	Turkey and ham pie 	Banana and Custard	Malt loaf Fruit/Veg	Sandwiches Fruit plate
Wednesday	Cereal, toast, banana and fruit juice	Pop corn and Fruit	Cottage pie 	Yoghurt and Fruit	Ritz and Cucumber	Rice salad Raisin Bun
Thursday	Cereal, toast, banana and fruit juice	Nann bread, dip and dates	Pork sweet and sour 	Fruit Muffin	Pop corn and fruit	Boiled egg Tinned Fruit
Friday	Cereal, toast, banana and fruit juice	Veg sticks and dip	Fish pie 	Fruity Jelly	Cheese and ritz	Soup Yoghurt and Fruit
	Water	Water or Milk	Water		Water or Milk	Water or fruit juice

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Weekly Menu

Week 4



Days	Breakfast	Snack	Lunch	Dessert	Snack	Tea
Monday	Cereal, toast, banana and fruit juice	Brioche and raisins	Chicken curry 	Yoghurt and Fruit	Oat cakes Fruit/Veg	Sandwiches Fruit Buns
Tuesday	Cereal, toast, banana and fruit juice	Ritz and cucumber	Fish cakes 	Cheese Cake	Rice cakes Fruit/Veg	Tomato pasta Fruit plate
Wednesday	Cereal, toast, banana and fruit juice	Veg sticks and dips	Minted lamb 	Jelly	Popcorn Fruit/Veg	Omlette Fruity Flapjack
Thursday	Cereal, toast, banana and fruit juice	Rice cake Fruit/Veg	Tuna pasta bake 	Fruit Crumble	Veg sticks and dip	Soup Rice Pudding
Friday	Cereal, toast, banana and fruit juice	Price cakes and fruit	Jacket potato and bacon 	Fruit Muffins	Crackers and cream cheese	Wraps Banana Custard
	Water	Water or Milk	Water		Water or Milk	Water or fruit juice

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Weekly Menu

Week 5

Days	Breakfast	Snack	Lunch	Dessert	Snack	Tea
Monday	Cereal, toast, banana and fruit juice	Crackers and cheese spread	Roast ham 	Fruit Cake	Ritz and fruit	Tomato pasta Rice Pudding
Tuesday	Cereal, toast, banana and fruit juice	Brioche Fruit/Veg	Moroccan Lamb and Cous Cous 	Jelly and yoghurt	Popcorn Fruit/Veg	Cheese Jacket potato Fruit Buns
Wednesday	Cereal, toast, banana and fruit juice	Rice cakes and fruit	Risotto 	Banana Custard	Oat cakes Fruit/Veg	Pitta Tinned Fruit
Thursday	Cereal, toast, banana and fruit juice	Breadsticks Fruit/Veg	Fish fingers 	Fruity Flapjack	Rice cake Fruit/Veg	Soup Yoghurt and Fruit
Friday	Cereal, toast, banana and fruit juice	Veg sticks and dip	Pork and apple casserole 	Rice Pudding	Brioche And apricot	Egg sandwiches Fruit plate
	Water	Water or Milk	Water		Water or Milk	Water or fruit juice

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