






Little Orchard Montessori Nursery

Weekly Menu

Week
1

Days	Breakfast	Snack	Lunch	Dessert	Snack	Tea
Monday	Cereal and Toast	Brioche Pears	Vegetable Hotpot 	Fairy cake	Rice cake Raisins	Sausage Rolls Flapjack or fruit
Tuesday	Cereal and Toast	Breadsticks Carrots	Pasta Bolognaise 	Fruit Pie	Ritz Apricot	Pitta bread filled with ham or cheese Yoghurt or fruit
Wednesday	Cereal and Toast	Ritz Plums	Sweet and Sour with noodles 	Bread and butter pudding	Oat Cakes Carrots	Egg or tuna sandwiches Fruit Smoothie
Thursday	Cereal and Toast	Rice cakes Raisins	Vegetable Bake 	Fruit Salad	Breadsticks Pears	Beans on toast Flapjack or fruit
Friday	Cereal and Toast	Malt Loaf Apricots	Fish Pie 	Chocolate pudding	Ritz Carrots	Soup Yoghurt or fruit
	Water or fruit juice	Water or Milk	Water		Water or Milk	Water

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

Little Orchard Montessori Nursery

Weekly Menu

Week
2

Days	Breakfast	Snack	Lunch	Dessert	Snack	Tea
Monday	Cereal and Toast	Ritz Apples	Pasta Bake 	Fruit crumble	Pretzels Cucumber	Egg or Tuna Sandwiches Fruit smoothie
Tuesday	Cereal and Toast	Breadsticks Grapes	Chilli 	Jelly and Jelly cream	Rice cake Raisins	Pizza Flapjack or fruit
Wednesday	Cereal and Toast	Rice cake Cucumber	Shepards pie 	Fruit salad	Ritz Grapes	Crumpets Yoghurt or fruit
Thursday	Cereal and Toast	Pretzels Apple	Pork goulash 	Jam tarts	Breadsticks Apricot	Soup Yoghurt or fruit
Friday	Cereal and Toast	Breadsticks Raisins	Fish goujons & roasted vegetables 	Rice Pudding	Rice cake Apples	Chicken or Cheese sandwiches Flapjack or fruit






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

Little Orchard Montessori Nursery

Weekly Menu

Week
3

	Water or fruit juice	Water or Milk	Water		Water or Milk	Water
--	----------------------	---------------	-------	--	---------------	-------

Days	Breakfast	Snack	Lunch	Dessert	Snack	Tea
Monday	Cereal and Toast	Breadsticks Cheese	Sausage Casserole 	Fruit Pie	Malt Loaf Banana	Soup Yoghurt or fruit
Tuesday	Cereal and Toast	Rice cake Pear	Cottage pie 	Chocolate pudding	Brioche Raisins	Cheese on toast Fruit Smoothie
Wednesday	Cereal and Toast	Brioche Banana	Pasta Carbonara 	Fairy cake	Pear Ritz	Pasties Flapjack or fruit
Thursday	Cereal and Toast	Ritz Raisins	Vegetable pie 	Bread and butter pudding	Breadsticks Pear	Chicken or cheese wraps Flapjack or fruit
Friday	Cereal and Toast	Banana Malt loaf	Fish Cakes & Roasted Vegetables 	Fruit Salad	Rice cake Apricot	Tuna or egg sandwiches Yoghurt or fruit





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

Little Orchard Montessori Nursery

Weekly Menu

Week
4


	Water or fruit juice	Water or Milk	Water		Water or Milk	Water
--	----------------------	---------------	-------	--	---------------	-------

Days	Breakfast	Snack	Lunch	Dessert	Snack	Tea
Monday	Cereal and Toast	Rice cake Grapes	Chicken Goujons & roasted vegetables 	Jelly and Jelly cream	Bread sticks Apricots	Sausage Rolls Yoghurt or fruit
Tuesday	Cereal and Toast	Bread sticks Apples	Chicken Casserole 	Fruit salad	Rice cake Grapes	Pitta bread filled with ham or cheese Flapjack or fruit
Wednesday	Cereal and Toast	Ritz Raisins	Moussaka 	Fruit crumble	Pumernickel Grapes	Egg or tuna sandwiches Yoghurt or fruit
Thursday	Cereal and Toast	Pumpnickel Cucumber	Vegetable Lasagne 	Rice pudding	Ritz Apple	Chicken or cheese wraps Fruit Smoothie
Friday	Cereal and Toast	Bread sticks	Thai fish Curry	Jam tart	Rice cake	Soup

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

Little Orchard Montessori Nursery
Weekly Menu

Week
5

		Apricot			Cucumber	Flapjack or fruit
	Water or fruit juice	Water or Milk	Water		Water or Milk	Water

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