



Nurturing child care inspired by: MONTESSORI

Healthy Menu

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	Cereals (with added cocoa nibs) and/or Wholegrain Toast	Cereals and/or Quinoa	Millet meal and fresh fruit	Wholegrain Toast and <u>Smoothie</u>	Barley meal and Freshly squeezed juice
<u>Snack</u>	Oatcakes, Hummus and vegetable sticks	Breadsticks, Organic soft cheese and olives spread	Soaked raw nuts, wholegrain toast, guacamole, milk and dried berries.	Chestnut Crackers with organic soft cheese, fresh fruit and milk	Digestive biscuits, fresh fruit and milk.
<u>Lunch</u>	Lentil soup and rice served with seasonal vegetables	Duck Confit served with Mash potatoes and seasonal vegetables.	Chickpeas in tomato sauce served with roast potatoes and seasonal vegetables.	Baked Fresh Salmon fish with stir-fry fresh noodles served with seasonal vegetables.	Peas Soup with Pasta Bolognese served with seasonal vegetables
<u>Tea</u>	Freshly baked pizza served with vegetable sticks and fresh olives.	Mushroom tortellini in crème fraiche served with side salad.	Home made whole grain bread served with Taramasalata and vegetables sticks	Scrambled eggs on toast served with roast seasonal vegetables	Mexican bean soup with tortilla chips
<u>Pudding</u>	Organic Raw fruit and Nuts Bar.	Dried Figs and Dates in plain yoghurt	Fruit Salad and digestive biscuits	Organic Raw fruit and Nuts Bar.	Home made pastry with feta cheese and guava syrup.

Organic, subject to availability
locally sourced produce when possible

Daily snack menus are displayed on notice boards in your child's playroom.

Recipes will be adjusted or substituted for babies as required.

