



MONTESSORI GARDEN NURSERY SCHOOL

This Week's Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8-9am	We serve a healthy variety of cereal for breakfast. A choice of warm or cold milk is served.				
We serve a mid-morning snack at 10.30am of fresh or dried FRUIT					
Lunch 12.30pm	Fish in creamy mushroom sauce (internal note: 163)	Vegetarian Nasi Goreng (internal note 150)	Moroccan lamb tagine with COUSCOUS	Chicken Pasta shells	Vegetarian shepherd's pie
Lunch Dessert	Natural yoghurt with mixed berry puree	Rice Pudding with strawberry puree	Vanilla yoghurt	Jelly with mixed berries	Natural yoghurt with banana
Tea 4.30pm	Homemade pizza	Tuna pitta pockets (internal note 167)	My Favourite Spanish Omelette (internal note 155)	Assorted sandwiches	Hummus with vegetable sticks
Tea Dessert	We serve fresh or dried FRUIT after tea Snacks of plain crackers are available for children to help themselves				
For children with special dietary needs we will customise the existing menu by cooking a suitable comparable replacement For weaning babies we will write a new menu or customise the existing menu for their individual needs as discussed with parents.					