

# FAITH MONTESSORI NURSERY MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Week One**

**Hot Lunch:**

Tomato & Spinach pasta & grated cheese  
Fresh fruit

**Tea:**

Cheese & tomato pizza / toasted fruit bread  
Fresh fruit

**Hot Lunch:**

Sweet and sour chicken & rice  
Fresh fruit

**Tea:**

Sweetcorn and vegetable pasta bake  
Fresh fruit

**Hot Lunch:**

Mixed beans stew & boiled potato  
Fresh fruit

**Tea:**

Cheese/Chicken/Tuna and salad pitta pockets  
  
Fresh fruit

**Hot Lunch:**

Spaghetti Bolognese with mixed vegetables  
Fresh fruit.

**Tea:**

Broccoli & mixed vegetable cous cous  
Fresh Fruit

**Hot Lunch:**

Fish Cake with potato wedges and baked beans

Fresh fruit

**Tea:**

Brown & white bread chicken & jam sandwiches

**Week Two**

**Hot lunch:**

Jollof rice  
Fresh Fruit

**Tea:**

Potato wedges served with baked beans  
Fresh fruit

**Hot Lunch:**

Chicken pasta bake  
Fresh fruit

**Tea:**

Brown & white bread cheese sandwiches / toasted fruit bread  
Fresh fruit

**Hot Lunch:**

Lentils & mixed vegetable casserole with rice  
Fresh fruit.

**Tea:**

Cauliflower pasta bake  
Fresh Fruit

**Hot Lunch:**

Meat balls with spaghetti  
Fresh fruit.

**Tea:**

Cous Cous salad  
Fresh Fruit

**Hot Lunch:**

Fish fingers with potato wedges and baked beans  
Fresh fruit.

**Tea:**

Cheese & tomato pizza  
Fresh Fruit

**Week Three**

**Hot Lunch:**

Mixed vegetable stir fried rice  
Fresh fruit.

**Tea:**

Mixed bean & carrot stew served with herb cous cous  
Fresh Fruit

**Hot Lunch:**

Chicken & carrot stew served with boiled potatoes  
Fresh fruit.

**Tea:**

Cheese/Chicken/Tuna salad wraps  
Fresh fruit

**Hot Lunch:**

Chickpea curry with cous cous  
Fresh fruit

**Tea:**

Courgette & mushroom pasta in white sauce  
Fresh Fruit

**Hot Lunch:**

Chilli con carne served with rice  
Fresh fruit

**Tea:**

Jacket potato with cheese and beans  
Fresh fruit

**Hot Lunch:**

Tuna & sweetcorn pasta bake  
Fresh fruit

**Tea:**

Brown & white bread cheese & jam sandwiches  
Fresh fruit

- This menu is subject to change, availability or request
- Milk and water will be served daily during meal times
- We consider the following in our menus: Vegetarian, allergies

**Breakfast:** Brown & white bread toast /Variety of Cereal, water/ milk

**Snack:** Crackers, bread sticks, rice cakes  
Fruits fresh or dried, Water/Milk,