



Ofsted Reg. No.: 108416 E-Mail: manager@lgmontessori.com
 ICO A8384736 Phone 01628 828258 www.lgmontessori.com



SUMMER MENU Week 1 of 4					
Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast
Morning Snack 	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit
Lunch 	Tuna carbonara with garlic bread	Chilli Con Carne with Steamed Rice	Roast with vegetable medley, roast potatoes and gravy	Sweet and sour chicken with noodles and oriental vegetables	Fish Cakes with Curly fries, Garden peas
Veggie Option 	Sweet corn carbonara with garlic bread	Quorn Chilli Con Carne with Steamed Rice	Roast Quorn, roast potatoes, vegetables medley with gravy	Sweet and sour Quorn with noodles and oriental vegetables	Vegetable Fingers, mash potatoes and peas
Pudding 	Semolina pudding	Fruit Fromage Frais	Melon	Granola with homemade Organic yogurt	Bananas with Custard
Afternoon Snack 	Organic Milk/Water Breadsticks and raisins	Organic Milk/Water Blueberry Rice Cakes	Organic Milk/Water Soft Cheese and crackers	Organic Milk/Water Rice Cakes	Organic Milk/Water Breadsticks and apple slices
Tea 	Mini Chicken Kiev with Couscous salad	Hot pot with rolls	Jacket potatoes with Cheese with salad	Tomato soup with croutons	Pizza with a variety of toppings Carrot Sticks
Pudding 	Fresh fruit or homemade organic yoghurt or dairy free yogurts				



SUMMER Menu Week 2 of 4

Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast
Morning Snack 	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit	Organic Milk/Water Seasonal fruit
Lunch 	Chickpea curry with rainbow vegetable Pilaf	Spaghetti Bolognese and Green Beans	Roast with broccoli, roast potatoes and gravy	Homemade chicken korma with mixed vegetable pilaf	Cod fillets with Chips and peas
Veggie Option 	Chickpea curry with rainbow Vegetable Pilaf	Quorn mince bolognese and Green Beans	Quorn roast with broccoli, roast potatoes and gravy	Homemade Quorn korma with vegetable pilaf	Quorn fillets with Chips and peas
Pudding 	Strawberry mousse	Granola with homemade organic yoghurt	Flap jacks	Banana and custard	Melon wedges
Afternoon Snack 	Organic Milk/Water Rice cakes and raisins	Organic Milk/Water Crackers and cream cheese	Organic Milk/Water Breadsticks and banana	Organic Milk/Water Fruit Loaf	Organic Milk/Water Crackers and cream cheese
Tea 	Scrambled egg with beans and toast	Jacket potatoes with cheese and Baked Beans	Fish Fingers with sweet corn and potato waffles	Mini Sausages Vegetable medley and Yorkshires with gravy	Mini Chicken Kiev with couscous salad
Pudding 	Seasonal fruit platter or homemade organic yoghurt or dairy free yoghurt				



SUMMER MENU week 3 of 4

Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast
Morning Snack 	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit
Lunch 	Macaroni cheese with French Beans	Cowboy casserole	Lentil, chicken and potato hotpot with couscous	Shepherds' pie with green beans	Fish Fillets and chips with peas
Veggie Option 	Macaroni cheese with French Beans	Cowboy casserole with Quorn Sausages.	Lentil, Quorn and potato hotpot with couscous	Veg shepherd's pie with green beans	Vegetable Fillets and chips with peas
Pudding 	Apple crumble With custard	Fruit Fromage Frais	Homemade Rice pudding	Mix berries with homemade organic yoghurt.	Fruit Jelly
Afternoon Snack 	Organic Milk/Water Rice cakes with spread	Organic Milk/Water Cheese and crackers	Organic Milk/Water Breadsticks and raisins	Organic Milk/Water Cucumber and carrot sticks	Organic Milk/Water Fruit loaf and spread
Tea 	Scrambled egg On whole meal Toast & Beans	Fish fingers Hash browns and Baked Beans	Homemade pizza with Celery sticks	Jacket potatoes with Cheese and Homemade Coleslaw	Tomato soup with crusty bread
Pudding 	Seasonal Fruit Platter or homemade organic yoghurt or dairy free yoghurt				



SUMMER MENU Week 4 of 4					
Time/Day	Mon	Tue	Wed	Thu	Fri
Breakfast 	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast	Selection of seasonal fruits, cereals/ porridge and wholemeal toast
Morning Snack 	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit	Organic Milk/Water Seasonal Fruit
Lunch 	Meat balls with rice and mix vegetables	Vegetable Risotto	Sausages, mash and vegetable medley with gravy	Cottage pie with green beans	Cod fillets with chips and peas
Veggie Option 	Quorn meat balls with rice and mix vegetables	Vegetable Risotto	Quorn sausages, mash and vegetable medley with gravy	Vegetarian cottage pie	Vegetables cutlets with chips with peas.
Pudding 	Semolina pudding	Fruit cake	Granola with honey and homemade organic yoghurt.	Homemade rice pudding	Fruit Fromage Yoghurt.
Afternoon Snack 	Organic Milk/Water Rice cakes with spread	Organic Milk/Water Crackers and cream cheese	Organic Milk/Water Breadsticks and raisins	Organic Milk/Water Vegetables sticks	Organic Milk/water Fruit loaf and spread
Tea 	Fish fingers with garden peas Potato Waffles	Sautéed Potatoes with Cheese and green beans	Tomato soup with croutons	Homemade Pizza with a variety of toppings. Celery Sticks	Mini Chicken Kiev with Couscous Salad
Pudding 	Seasonal fresh fruits or homemade organic yoghurt or dairy free yoghurts				

