



Little Learners Montessori Nursery Menu week 1



Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00am	Cereal with milk and fruit Glass of water	Cereal with milk and fruit Glass of water	Cereal with milk and fruit Glass of water	Cereal with milk and fruit Glass of water	Cereal with milk/ fruit Glass of water
Snack 10.00 am	Cream Cracker with Cottage Cheese Glass of water	Oat cakes with Cream Cheese Glass of water	Corn cakes with Greek Yoghurt mint dip Glass of water	Cream Crackers with Avocado dip Glass of water	Breadsticks with Greek Yoghurt dip Glass of water
Lunch 12.00 noon	Fried Rice with Egg/Tofu Green Salad Fruit Glass of water	Baked Pasta with Soya and vegetables in tomato sauce Green Salad Fruit Glass of water	Broccoli and Spinach soup with bread Tofu Salad Fruit Glass of water	Homemade Parata with Brown Chickpea and Potato Curry Green Salad Fruit Glass of water	Jacket Potato, Baked Beans , Sweetcorn and cheese Green Salad Fruit Glass of water
Milk/water 2.45 pm	Milk/Water/Fruit	Milk/Water/Fruit	Milk/Water/Fruit	Milk/water/Fruit	Milk/water/Fruit
Afternoon tea 4.00pm	Vegetable Chilla Fruit/ Greek Yoghurt Glass of water	Roasted sweet potato with a dip Fruit/ Greek Yoghurt Glass of water	Lentil Dhokla Fruit/ Yoghurt Glass of water	Quinoa and Vegetable Patty Fruit/ Yoghurt Glass of water	Paneer/Tofu Quesadilla Fruit/Yoghurt Glass of water