











# STEPPING STONES MONTESSORI NURSERY & PRE-SCHOOL MENUS

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Creamy Mushroom, Risotto  	CHILDRENS CHOICE	Spiced Root Vegetable Casserole  	Creamy Fish Pie  	Sausages and Swede Mash with winter vegetables  
Vegetarian Option	Creamy Mushroom Risotto			Creamy Vegetable Pie	Quorn sausages with swede mash and winter vegetables
Dessert	Gingerbread Cookies	Apricot Jammy Biscuits	Chocolate Chip muffins	Apple and Sultana Sponge Cake	Strawberry Jelly

ALL MEALS ARE FRESHLY PREPARED DAILY- ALLERGEN INFORMATION IS AVAILABLE UPON REQUEST.  
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Tea	Cheese toasties with salad sticks  Fresh seasonal fruit	Tapas crackers, cream cheese and hummus with salad sticks   Fresh seasonal fruit	Hot Buttered Crumpets with salad sticks  Fresh seasonal fruit	Leek and Potato Soup   Fresh seasonal fruit	Baked Beans on Toast  Fresh seasonal fruit
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Vegetable Tagliatelle Ragu  	CHILDRENS CHOICE	Chicken Cacciatore with Orzo  	Chilli con Carne with rice  	Fish Chowder  
Vegetarian Option			Vegetable Cacciatore with Orzo	Vegetable Chilli with rice	Vegetable Chowder
Dessert	Rice Pudding	Sultana Cookies	Fruit Cocktail	Apricot biscuits	Strawberry Mousse

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Tea	Tapas crackers, cream cheese and hummus with salad sticks    Fresh Seasonal fruit	Cheese and Tomato Pizzas with garlic bread    Fresh Seasonal Fruit	Carrot and Coriander Soup    Fresh Seasonal Fruit	Tuna Mayo sandwiches with salad sticks  Fresh Seasonal Fruit	Cheese and Tomato Toasties with salad sticks  Fresh seasonal Fruit
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Cheesy Ham and Broccoli Pasta  	CHILDRENS CHOICE	Cod, Cauliflower and Chorizo Mornay with sliced potatoes  	Harissa Sticky Chicken with cous cous  	Chinese Vegetable Curry with rice  
Vegetarian Option	Creamy Broccoli Pasta		Cauliflower Mornay with sliced potatoes	Harrisa Sticky Quorn pieces with cous cous	

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Dessert	Apple Muffins	Syrup Sponge with custard 	Natural Yoghurt with fruit	Apple crumble with custard	Banana Mousse
Tea	Beans on Toast  Fresh seasonal Fruit	Vegetable soup with homemade bread  Fresh seasonal Fruit	Rice Cakes, Breadsticks, cream cheese, and hummus with salad sticks  Fresh Seasonal Fruit	Mini cheese, ham and tomato muffin pizzas with garlic bread   Fresh seasonal Fruit	Cream cheese and chive sandwiches with salad sticks  Fresh seasonal Fruit

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Italian vegetable Pasta Stew 	CHILDRENS CHOICE	Teriyaki smoked mackerel with rice 	Beef Hotpot 	Vegetable Enchiladas 
Vegetarian Option			Teriyaki vegetables with rice	Vegetable Hot Pot	

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Dessert	Rhubarb and custard blondies	Fruity Jelly	Chocolate mousse	Natural Yoghurt with fruit	Cranberry cookies
Tea	Toasted muffins with salad sticks	Beans on Toast	Chicken and Pasta soup 	Rice Cakes, breadsticks, feta cheese, olives and hummus with salad sticks 	Tuna mayo sandwiches with salad sticks
	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Fresh seasonal fruit

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