

STEPPING STONES MONTESSORI NURSERY & PRE- SCHOOL MENUS

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Smoked Mackerel Risotto	Spaghetti Bolognese	Chicken Casserole with New Potatoes and Spring Vegetables	Vegetable Korma with Brown Rice	Macaroni Cheese with Cauliflower
Allergens	Celery, Fish, Milk	Gluten, Milk	Celery, Milk	Celery, Nuts	Celery, Gluten, Milk
Vegetarian Option	Sweetcorn and Petit Pois Risotto	Vegetarian Bolognese	Vegetable Casserole		
Dessert	Banoffee Pie	Crème Fraiche with Blueberries	Watermelon Slices	Bananas with Custard	Apple & Sultana Muffins
Allergens	Gluten, milk	Milk		Milk	Gluten, milk
Tea	Cheese and Tomato Pizza Muffins Fresh Fruit	Tapas with salami, olives, cream cheese and crackers served with cucumber and tomato Fresh Fruit	Beans on Toast Fresh Fruit	Cheese and Cucumber sandwiches with salad sticks Fresh Fruit	Vegetarian Tapas with feta cheese, olives, hummus and rice cakes served with cucumber and tomato Fresh Fruit
Allergens	Gluten, milk	Gluten, milk	Gluten	Gluten, milk	Milk

ALL MEALS ARE FRESHLY PREPARED DAILY- ALLERGEN INFORMATION IS AVAILABLE UPON REQUEST.
PLEASE SPEAK TO OUR CHEF LISA IF YOUR CHILD HAS ANY DIETARY REQUIREMENTS

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Creamy Salmon Spaghetti Carbonara	Cottage Pie with Seasonal Vegetables	Vegetable Chilli with Brown Rice	Tuna Pasta Bake	Sausages, Mash and Beans
Allergens	Gluten, Fish, Milk	Celery	Celery	Gluten, Fish, Milk	Gluten
Vegetarian Option	Creamy Spinach and Ricotta Carbonara	Quorn Cottage Pie		Spring Onion and Cheese Pasta Bake	Quorn Sausages, Mash and Beans
Dessert	Strawberry Cheesecake	Natural Yoghurt with Fruit	Melon Slices	Fruit Salad	Eaton Mess
Allergens	Gluten, Milk	Milk			Milk, eggs
Tea	Quiche Lorraine Fresh Fruit	Beans on Toast Fresh Fruit	Buttered Crumpets with Salad Sticks Fresh Fruit	Tapas with ham, olives, feta cheese and crackers served with cucumber and tomato Fresh Fruit	Mixed Sandwiches with Salad Sticks Fresh Fruit
Allergens	Eggs, milk, gluten	Gluten	Gluten	Gluten, Milk	Gluten

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken & Leek Pie with Potato Wedges and Peas	Cheesy Ratatouille Casserole	Fruity Chicken Curry with Brown Rice	Smoked Mackerel Risotto	Spinach and Ricotta Pasta
Allergens	Gluten,	Celery, gluten, milk	Celery, Nuts	Celery, Fish	Gluten, milk
Vegetarian Option	Quorn and Leek Pie with Potato Wedges and Peas		Fruity Vegetable Curry with Brown Rice	Mushroom Risotto	
Dessert	Beetroot & Chocolate Brownies	Mixed Fruit Salad	Crème Fraiche with Fruit	Bananas and Custard	Crème Fraiche with Fruit Puree
Allergens	Gluten, milk, eggs		Milk	Milk	Milk
Tea	Cheesy Beans on Toast Fresh Fruit	Vegetarian Tapas with Cream Cheese, Olives, Hummus served with Rice Cakes, cucumber and tomatoes Fresh Fruit	Parmesan Omelette with salad sticks Fresh Fruit	Pizza and Garlic Bread Fresh Fruit	Tapas with Olives, Feta Cheese, Salami and Hummus served with Crackers and Salad Sticks Fresh Fruit
Allergens	Gluten, milk	Milk	Milk, Gluten, Eggs	Milk, Gluten	Milk, Gluten

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Toad in the Hole with Beans	Gammon and Spring Vegetable Casserole with New Potatoes	Fish Pie	Broccoli and Cheese Pasta Bake	Mushroom and Tomato Risotto
Allergens	Gluten	Celery, Gluten	Fish, milk	Gluten, milk	Celery, Gluten
Vegetarian Option	Quorn Toad in The Hole with beans	Spring Vegetable Casserole with New Potatoes	Creamy Cheese Pie		Quorn Sausage and Vegetable Casserole
Dessert	Melon Slices	Fruity Yoghurt	Fruity Flapjacks	Sugar Free Jelly	Fruit Loaf
Allergens	Gluten	Milk	Oats, Gluten		Gluten, eggs
Tea	Cheese on Toast with Salad Sticks	Puff Pastry Pizzas with Garlic Bread	Tapas with Ham, Cream Cheese, Hummus and Olives served with crackers and salad sticks	Pasta and Sweetcorn Soup served with crusty bread	Cheese Sandwiches with Salad Sticks
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Allergens	Gluten, milk	Gluten, milk	Gluten, milk	Gluten, celery	Gluten, milk

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