

Little Feet Montessori School

Little Feet Montessori Weekly Menu

Week of: Spring 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Eggs and baked potato	Weetabix n milk or cheerios	Oatmeal and pears Pumpkin seeds	Cinnamon Toast butter Milk Berries	Oatmeal and Berries
Lunch	Pasta and Fish Cucumber & Carrots	Congee Soup Rice soup Salad	Pasta shell and Mine meats and re sauce	Butter chicken and Tilda Rice	Baked potato and beef shawarma
PM Snack	Fruit yogurt and Banana	Cracker and Marble Cheese	Cucumber, carrot and celery mini with dip	Granola and Banana	Bread and Butter
Additional Snacks/Meals	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit

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Week of: Spring 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Hashbrown Soft Bread Milk	Oatmeal and Blueberries Fruit and Milk	Oatmeal and Apples Milk	Eggs and baked Potato	Pancakes and Syrup Strawberries Milk
Lunch	Pasta with chicken in white sauce	Lentil soup veggies	Burritos Chicken cheese and rice with Salad	Kebab and saffron rice and salad	Lasagna with mince salad
PM Snack	Hummus and cucumber mini sandwich	Begal and cream cheese	Mixed veg and baba ghanoush	Bread and Jam	Granola bar and banana
Additional Snacks/Meals	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit

Note: for children who have dietary restriction there will be tofu or lentils and other options to choose from

Season fruits will depend on the season and availability of the fruit. The children will be offered food until they feel full