



# The Little Sweethearts Montessori

## Food and Drink Autumn/Winter Menu --- SAMPLE ---

### -----Morning Snack-----

Monday	Tuesday	Wednesday	Thursday	Friday
Breadsticks Cheese Milk	A selection of fruit Milk	Crudités Hummus Milk	Buttered Crumpets Milk	A Selection of Fruit Milk

### -----Lunch-----

Monday	Tuesday	Wednesday	Thursday	Friday
Ham or Cheese Sandwiches with Crisps and a choice of Fruit and Water/Milk	Boiled Egg with Buttered and Toasted Soldiers and a choice of Fruit and Water/Milk	Carrot and Coriander Soup with a Warm Bread Roll and Orange Jelly and Water/Milk	Mozzarella Pasta Penne with a choice of Fruit and Water/Milk	Jacket Potato with Tuna and Sweetcorn and a choice of Fruit and Water/Milk

### -----Dinner-----

Monday	Tuesday	Wednesday	Thursday	Friday
Delia's Special Cottage Pie and a choice of Fruit and Water/Milk	Tuna Pasta Bake Jam Tart and Water/Milk	Chinese Style Pork with Rice and a choice of Fruit and Water/Milk	Dublin Coddle Chocolate Chip Muffins and Water/Milk	Butternut and Bacon Fusilli and a choice of Fruit and Water/Milk