

A typical menu: Week 1

Water and milk (including dairy alternatives) are available for children throughout the day and at mealtimes.

Dietary requirements - We do not offer children processed foods, ready-made cakes, pastries or biscuits. All our meals at Mini Miracles Montessori are planned and balanced whilst catering for special dietary requirements.



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereals, toast and milk will be provided daily	A choice of cereals, toast and milk will be provided daily	A choice of cereals, toast and milk will be provided daily	A choice of cereals, toast and milk will be provided daily	A choice of cereals, toast and milk will be provided daily
Morning snack	Cucumber and carrot sticks with plain yogurt	Breadsticks with houmous	Cheese and rice cakes	Cucumber and carrot sticks with plain yogurt	Breadsticks with houmous
Lunch (meat)	Chicken curry with white rice and cut green beans Pudding: Apples	Breaded cod with oven chips and peas Pudding: Bananas	Lamb casserole with roast potatoes and minted summer vegetables Pudding: Oranges	Chicken and pasta with tomato and herbs with cauliflower Pudding: Apples	Fish goujons with mashed potato and vegetable medley Pudding: Bananas
Lunch (veg)	Cauliflower, spinach and lentil curry with white rice and cut green beans Pudding: Apples	Meat free mushroom and chicken pie with oven chips and peas Pudding: Bananas	Moroccan bean casserole with roast potatoes and minted summer vegetables Pudding: Oranges	Penne pasta in tomato and basil sauce with cauliflower Pudding: Apples	Vegetable lasagne with mashed potato and vegetable medley Pudding: Bananas
Afternoon snack	Melon	Pears	Grapes	Melon	Pears
Tea	Baked vegetable pie with potato wedges and baked beans	Tomato, red pepper and lentil soup with garlic bread	Leek and potato soup with toasted bread roll	Vegetarian cottage pie with broccoli	Macaroni cheese with mixed vegetables
Evening snack	Crackers and sultanas	Crackers and sultanas	Crackers and sultanas	Crackers and sultanas	Crackers and sultanas

A typical menu: Week 2

Water and milk (including dairy alternatives) are available for children throughout the day and at mealtimes.

Dietary requirements - We do not offer children processed foods, ready-made cakes, pastries or biscuits. All our meals at Mini Miracles Montessori are planned and balanced whilst catering for special dietary requirements.



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereals, toast and milk will be provided daily	A choice of cereals, toast and milk will be provided daily	A choice of cereals, toast and milk will be provided daily	A choice of cereals, toast and milk will be provided daily	A choice of cereals, toast and milk will be provided daily
Morning snack	Cheese and rice cakes	Cucumber and carrot sticks with plain yoghurt	Breadsticks with houmous	Cheese and rice cakes	Cucumber and carrot sticks with plain yoghurt
Lunch (meat)	Chicken tikka masala with basmati yellow rice and green beans Pudding: Oranges	Tuna pasta bake with sweetcorn Pudding: Apples	Shepherd's pie with minted summer vegetables Pudding: Bananas	Baked chicken and vegetable pie with sautéed potatoes and baked beans Pudding: Oranges	Breaded cod with mashed potatoes and broccoli Pudding: Apples
Lunch (veg)	Vegetarian tikka masala with basmati yellow rice and green beans Pudding: Oranges	Cauliflower and broccoli pasta with sweetcorn Pudding: Apples	Vegetarian cottage pie with minted summer vegetables Pudding: Bananas	Meat free mushroom and chicken pie with sautéed potatoes and baked beans Pudding: Oranges	Moroccan bean casserole with mashed potatoes and broccoli Pudding: Apples
Afternoon snack	Grapes	Melon	Pears	Grapes	Melon
Tea	Minestrone soup with garlic bread	Potato, cheese and leek bake with mixed vegetables	Tomato soup with toasted bread roll	Tortellini in tomato and basil sauce with peas	Cauliflower, spinach and lentil curry with white rice and mixed vegetables
Evening snack	Crackers and sultanas	Crackers and sultanas	Crackers and sultanas	Crackers and sultanas	Crackers and sultanas

A typical menu: **Week 3**

Water and milk (including dairy alternatives) are available for children throughout the day and at mealtimes.

Dietary requirements - We do not offer children processed foods, ready-made cakes, pastries or biscuits. All our meals at Mini Miracles Montessori are planned and balanced whilst catering for special dietary requirements.



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereals, toast and milk will be provided daily	A choice of cereals, toast and milk will be provided daily	A choice of cereals, toast and milk will be provided daily	A choice of cereals, toast and milk will be provided daily	A choice of cereals, toast and milk will be provided daily
Morning snack	Breadsticks with houmous	Cheese and rice cakes	Cucumber and carrot sticks	Breadsticks with houmous	Cheese and rice cakes
Lunch (meat)	Chicken korma with white rice and vegetable medley Pudding: Bananas	Fish goujons with croquette potatoes and broccoli Pudding: Oranges	Curried lamb with basmati yellow rice and cut green beans Pudding: Apples	Chicken and sweetcorn bake with dauphinoise potatoes and mixed vegetables Pudding: Bananas	Fishcakes with west country cheddar mash and peas Pudding: Oranges
Lunch (veg)	Chana masala with white rice and vegetable medley Pudding: Bananas	Cheese and onion pie with croquette potatoes and broccoli Pudding: Oranges	Thai red curry with basmati rice and cut green beans Pudding: Apples	Baked vegetable pie with dauphinoise potatoes and mixed vegetables Pudding: Bananas	Lentil and vegetable pie with west country cheddar mash and peas Pudding: Oranges
Afternoon snack	Pears	Grapes	Melon	Pears	Grapes
Tea	Macaroni cheese with minted summer vegetables	Leek and potato soup with toasted bread roll	Penne pasta in tomato and basil sauce with sweetcorn	Mushroom soup with garlic bread	Vegetable lasagne with cauliflower
Evening snack	Crackers and sultanas	Crackers and sultanas	Crackers and sultanas	Crackers and sultanas	Crackers and sultanas