

Rayners Lane Montessori

Autumn and Winter Menu

2024-25



Menu Week 1

Week commencing:

30th Sep, 21st Oct, 11th Nov, 2nd Dec, 30th Dec, 20th Jan, 10th Feb,
3rd March, 24th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: A selection of cereals with milk and fresh fruit is on offer daily					
Snack AM Served with milk/water	Orange or clementine & crackers	Banana & breadsticks	Cream cheese with crackers & cucumber (Contains: Milk)	Pears & rice cake (May Contain: Soya)	Oranges & crackers
Lunch 12 pm	Split green gram lentils with rice	Vegetable pasta baked with broccoli (Contains: Milk)	Paneer korma & rice (Contains: Milk, cereals containing gluten)	Quorn mince bolognese & spaghetti (Contains: eggs, cereals containing gluten)	Vegetable fingers with mashed potatoes peas and steamed vegetables (Contains: Milk, cereals containing gluten)
Snack PM Served with milk/water	Banana and rice cake	Apple & rice cakes	Pears & rice cakes	Apples & breadsticks	Melon & rice cakes (May Contain: Soya)
Tea 4:00pm	Baked beans & toast (Contains: Milk and Soya)	Pav bhaji	Creamy tomato soup (Contains: Milk and soya)	Quesadilla with cheese & mixed beans (Contains: Milk, cereals containing gluten)	Cheese sandwiches with vegetable sticks (Contains: Milk and Soya)

Baby weaning stage 2 (Pureed to the individual child stage)					
6-9 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Same as main menu				
Tea	Same as above	Same as above	Same as above	Vegetable pasta	Same as above

Water is available for the children throughout the day and at mealtimes

Dietary Requirements

We do not offer children processed food, ready - made cakes, pastries or biscuits.

All our meals at Rayners Lane Montessori Nursery are prepared fresh daily onsite. All our meals are also planned and balanced whilst catering for special dietary requirements

Vegetarians – A similar meat free meal is also available

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Menu Week 2

Week commencing:

7th Oct, 28th Oct, 18th Nov, 9th Dec, 6th Jan, 27th Jan, 17th Feb,
10th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: A selection of cereals with milk and fresh fruit is on offer daily					
Snack AM Served with milk/water	Melon & crackers	Banana & breadsticks	Crumpets with butter (Contains: Milk) & apple	Pears & rice cake (May Contain: Soya)	Oranges & crackers
Lunch 12 pm	Vegetable pasta cooked in tomato sauce	Vegan quorn pieces and vegetable pie	Lentils & vegetable with basmati Rice	Quorn mince & vegetables bolognese with spaghetti (Contains: Eggs, cereals containing gluten)	Vegetable fingers with potato chips & steamed vegetables (Contains: Milk, cereals containing gluten)
Snack PM Served with milk/water	Pears & rice cake (May Contain: Soya)	Grapes & crackers	Plain yogurt (Contains: Milk) & banana	Pineapple & breadstick	Apple & crackers
Tea 4:00pm	Lentil and carrot soup with toast (Contains: Milk and Soya)	Bulgar wheat with mixed vegetables (Contains: Cereals containing gluten)	Cheese sandwiches with vegetable sticks (Contains: Milk and soya)	Jacket potato with baked beans (Contains: Milk)	Vegetable stir fry noodles (Contains: Cereals containing gluten)

Baby weaning stage 2 (Pureed to the individual child stage)					
6-9 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Same as main menu				
Tea	Same as above	Same as above	Vegetable pasta	Mashed jacket potato with cheese	Creamy Vegetables

Water is available for the children throughout the day and at mealtimes

Dietary Requirements

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Menu Week 3

Week commencing:

14th Oct, 4th Nov, 25th Nov, 16th Dec, 13th Jan, 3rd Feb, 24th Feb,
17th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: A selection of cereals with milk and fresh fruit is on offer daily					
Snack AM Served with milk/water	Apples & breadsticks	Bagels (Contains: Milk) & banana	Pears & rice cake (May Contain: Soya)	Oranges/ clementine & raisins	Melon & crackers
Lunch 12 pm	Macaroni cheese with steamed vegetables on the side (Contains: Milk, cereals containing gluten)	Lentil curry & rice	Chickpeas & vegetable pasta in white sauce (Contains: Milk, cereals containing gluten)	Paneer spinach & rice (Contains: Milk)	Vegetable fingers with steamed vegetables & potato wedges (Contains: Milk, cereals containing gluten)
Snack PM Served with milk/water	Banana & rice cake (May Contain: Soya)	Pineapple & crackers	Apple & breadsticks	Pears & rice cake (May Contain: Soya)	Apple & breadsticks
Tea 4:00pm	Pitta pizza with sweet potato or sweet potato wedges (Contains: Milk)	Minestrone soup with a buttered bread roll (Contains: Milk and soya)	Khichadi with hidden vegetables	Cheese rolls with vegetable sticks (Contains: Milk)	Bulgar wheat with mixed vegetables (Contains: Cereals containing gluten)

Baby weaning stage 2 (Pureed to the individual child stage)					
6-9 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Same as main menu				
Tea	Lentils with rice	Same as above	Same as above	Creamy vegetable	Same as above

Water is available for the children throughout the day and at mealtimes

Dietary Requirements

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Vegetarians – A similar meat free meal is also available