

Fountain City Montessori Summer and Winter Menu - Nido Room Baby Stage 1 and Stage 2

Week 1 and Week 3

Age/Stage	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Lunch (approx 4-6 mths)	puree; beef, rice, carrot	puree; lentils, potato, peas	puree; chicken, pasta, pumpkin	puree: lamb, kumara, courgette	puree; salmon, potato, spinach
Stage 1 daily snack	puree apple & baby rice	puree banana & baby rice	puree pear & baby rice	puree peach & baby rice	puree apricot & baby rice
Stage 2 Lunch (approx 7-8 mths)	mashed; beef, rice, carrot, cabbage	mashed; lentils, potato, peas, spinach	mashed; chicken, pasta, pumpkin, broccoli	mashed; lamb, kumara, courgette, corn	mashed; salmon, potato, spinach, beans
Stage 2 Morning Snack	grated apple & yoghurt	mashed banana & custard	grated pear & yoghurt	mashed peach & custard	mashed apricot & yoghurt
Stage 2 Afternoon Snack	plain bread (no crust)	grated cheese	cottage cheese	plain cracker (corn thin)	grated cheese

Fountain City Montessori Summer and Winter Menu - Nido room Baby Stage 1 and Stage 2

Week 2 and Week 4

Age/Stage	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Lunch (approx 4-6 mths)	puree; lamb, potato, pumpkin	puree; tuna, kumara, courgette	puree; beef, pasta, carrot	puree: chicken, rice, spinach	puree; chickpeas, kumara, peas
Stage 1 Daily Snack	puree banana & baby rice	puree peach & baby rice	puree apple & baby rice	puree pear & baby rice	puree banana & baby rice
Stage 2 Lunch (approx 7-8 mths)	mashed; lamb, potato, pumpkin, broccoli	mashed; tuna, kumara, courgette, cabbage	mashed; beef, pasta, carrot, cauliflower	mashed; chicken, rice, spinach, beans	mashed; chickpeas, kumara, peas, corn
Stage 2 Morning Snack	mashed banana & custard	grated peach & custard	mashed apple & yoghurt	grated pear & yoghurt	mashed banana & custard
Stage 2 Afternoon Snack	cottage cheese	plain cracker (corn thin)	grated cheese	cottage cheese	plain bread (no crust)

Fountain City Montessori Winter Menu - Nido Room Stage 3 and Stage 4
Week 1

Age approx 9 - 24mths	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	cereal & toast selection	cereal & toast selection	cereal & toast selection	cereal & toast selection	cereal & toast selection
Morning Tea	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter
Lunch Main	Beef Stir-Fry (beef, rice, courgette, capsicum, beans, onion)	Scalloped Potato (potato, lentils, corn, carrot, tomato, onion, cheese sauce, fresh breadcrumbs, cheese)	Creamy Chicken Pasta (chicken, pasta, carrot, beans, mushrooms, cheese sauce)	Lamb & Kumara Couscous (lamb, kumara, couscous, tomato, pea, leek,)	Salmon & Potato Hash Browns (salmon, potato, leek, pumpkin, courgette, capsicum, cheese) served with relish
Lunch Grain	cheesy toast fingers	toasted pita bread	grilled italian bread	buttered bread triangles	baked buffet rolls
Afternoon Tea	Corn Thins with Cucumber accompanied by fruit/yoghurt	Mini Pickle and Cottage Cheese Sandwiches accompanied by fruit/yoghurt	Hummus with Corn Thins accompanied by fruit/yoghurt	Pita Pizza accompanied by fruit/yoghurt	Baked Bean and Cheese Toasted Sandwiches accompanied by fruit/yoghurt

Fountain City Montessori Winter Menu - Nido Room Stage 3 and Stage 4
Week 2

Age approx 9 - 24mths	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	cereal & toast selection	cereal & toast selection	cereal & toast selection	cereal & toast selection	cereal & toast selection
Morning Tea	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter
Lunch	Lamb and Potato Casserole (lamb, potato, carrot, beans, broccoli, lentils, onion)	Tuna Fish Pie (tuna, kumara, chickpea, silverbeet, corn, white sauce, cheese, fresh breadcrumbs)	Beef & Noodle Stir-Fry (beef, spaghetti noodles, capsicum, onion, broccoli, cauliflower)	One Pot Creamy Chicken & Rice (chicken, rice, spinach, courgette, pea, leek, white sauce)	Thick Vegetable Soup (red lentils, yellow lentils, onion, kumara, pumpkin, parsnip)
Lunch Grain	toast fingers	grilled italian bread circles	black bean & cheese toasted sandwiches	toast triangles	cheesy tortilla wedges
Afternoon Tea	Cream Crackers with Cheese accompanied by fruit/yoghurt	Sweetcorn & Cheese Toasted Scrolls accompanied by fruit/yoghurt	Apple Fritters accompanied by fruit/yoghurt	Tortilla Chips with Hummus accompanied by fruit/yoghurt	Lettuce & Hummus Sandwiches accompanied by fruit/yoghurt

Fountain City Montessori Winter Menu - Nido Room Stage 3 and Stage 4

Week 3

Age approx 9 - 24mths	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	cereal & toast selection	cereal & toast selection	cereals & toast selection	cereal & toast selection	cereal & toast selection
Morning Tea	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter
Lunch	Beef & Vegetable Casserole (beef, potato, kumara, parsnip, pumpkin, celery, bean)	Vegetable Quesadillas (tortilla wraps, spinach, corn, beans, capsicum, black beans, cheese)	Chicken & Noodle Stir-Fry (chicken, pasta noodles, capsicum, carrot, courgette, mung beans)	Lamb Nachos (lamb, lentils, corn, peas, onion, tomato, pumpkin) served with yoghurt & cheese	Creamy Salmon Pasta (salmon, pasta, courgette, carrot, broccoli, cheese sauce)
Lunch Grain	toasted pita bread	grilled italian bread circles	buttered bread squares	tortilla 'chips' (homemade)	toast triangles
Afternoon Tea	Spaghetti & Cheese Toasted Sandwiches accompanied by fruit/yoghurt	Cheesy Toast Fingers accompanied by fruit/yoghurt	Hummus with Carrot & Cheese Sticks accompanied by fruit/yoghurt	Corn Thins with Cucumber accompanied by fruit/yoghurt	Vegetarian Sushi (celery, carrot) accompanied by fruit/yoghurt

Fountain City Montessori Winter Menu - Nido Room Stage 3 and Stage 4

Week 4

Age approx 9 - 24mths	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	cereal & toast selection	cereal & toast selection	cereal & toast selection	cereal & toast selection	cereal & toast selection
Morning Tea	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter
Lunch	Lamb Curry (lamb, potato, chickpea, pea, cauliflower, capsicum, coconut milk)	Tuna Salad (tuna, vermicelli, carrot, courgette, cabbage, mung bean)	Beef Stroganoff (beef, mushroom, tomato, cauliflower, broccoli, coconut milk) served over potato mash	Thick Chicken Soup (chicken, split peas, celery, carrot, corn) served with pea puree	Kumara Bake (kumara, courgette, carrot, pumpkin, onion, white sauce, fresh breadcrumbs, cheese)
Lunch Grain	buttered bread	grilled italian bread circles	toast fingers	baked buffet rolls	toasted pita bread
Afternoon Tea	Pita Pizza accompanied by fruit/yoghurt	Cottage Cheese & Carrot Sandwiches accompanied by fruit/yoghurt	Hummus with Crackers & Cheese accompanied by fruit/yoghurt	Cheesy Tortilla Wedges accompanied by fruit/yoghurt	Apple Fritters accompanied by fruit/yoghurt

Fountain City Montessori Winter Menu - Young Community and Casa Rooms
Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	cereals/toast	cereals/toast	cereals/toast	cereals/toast	cereals/toast
Morning Tea	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter
Lunch	Beef Casserole (beef, potato, carrot, beans, lentils, onions, corn)	Hearty Bean & Chilli Quesadillas (wholegrain wraps, spinach, black beans, 4 bean mix, onion, corn, cheese)	Chicken Soup (chicken, potato, peas, carrot, celery, onion, coconut milk)	Lamb Curry with Rice (lamb, courgette, onion, green beans, yellow beans, tomatoes, brown rice)	Creamy Salmon & Pasta Bake (salmon, broccoli, pasta, onion, tomato, carrot, white sauce, breadcrumbs, cheese)
Lunch Grain	cheesy toast fingers	toasted pita bread	grilled grainy buns	buttered bread triangles	baked buffet rolls
Afternoon Tea	Banana Bran Muffins accompanied by fruit/yoghurt	Tomato & Lettuce Sandwiches accompanied by fruit/yoghurt	Hummus with Cheese Sticks & Crackers accompanied by fruit/yoghurt	Pita Pizza accompanied by fruit/yoghurt	Corn Thins with Cucumber accompanied by fruit/yoghurt

Fountain City Montessori Winter Menu - Young Community and Casa Rooms
Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	cereals/toast	cereals/toast	cereals/toast	cereals/toast	cereals/toast
Morning Tea	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter
Lunch	Shepherds Pie (lamb, carrot, capsicum, onion, cauliflower, tomato, mushroom, potato, cheese)	Tuna Pizza (tuna, tortilla wraps, tomato, lentils, peas, cheese)	Spaghetti Bolognese (beef, carrot, onion, corn, tomato, courgette, spaghetti pasta)	Chicken Nachos (chicken, corn, lentils, peas, capsicum, mushroom, cheese, yoghurt)	Split Pea Soup (potato, kumara, split peas, kumara, capsicum, parsnip, onion)
Lunch Grain	toast fingers	buttered bread squares	toasted Italian bread circles	tortilla chips (homemade)	cheese sandwiches
Afternoon Tea	Carrot & Bran Muffins accompanied by fruit/yoghurt	Hummus & Vege Platter accompanied by fruit/yoghurt	Cheese & Bean Toasted Sandwiches accompanied by fruit/yoghurt	Cheese on Corn Thins accompanied by fruit/yoghurt	Breads & Dip accompanied by fruit/yoghurt

Fountain City Montessori Winter Menu - Young Community and Casa Rooms

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	cereals/toast	cereals/toast	cereals/toast	cereals/toast	cereals/toast
Morning Tea	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter
Lunch	Stir-Fry Beef Noodles (beef, pasta, mushroom, capsicum, beans, courgette, cauliflower)	Stuffed Pumpkin Soup (pumpkin, butter beans, onion, chickpeas, lentils, kumara, potato)	Chicken Curry & Rice (chicken, onion, rice, carrot, peas, corn)	Lamb Nachos (lamb, lentils, carrot, leek, capsicum, parsnip) served with cheese & yoghurt	Salmon & Cottage Cheese Wraps (salmon, cottage cheese, spinach, corn, cucumber)
Lunch Grain	cheesy toast fingers	baked bread rolls	toasted pita bread	tortilla chips	buttered bread squares
Afternoon Tea	Stuffed Tortilla Wedges accompanied by fruit/yoghurt	Pita Pizza accompanied by fruit/yoghurt	Dip & Brown Rice Cakes accompanied by fruit/yoghurt	Bran and Blueberry Muffins accompanied by fruit/yoghurt	Hummus & Cheese & Carrot sticks accompanied by fruit/yoghurt

Fountain City Montessori Winter Menu - Young Community and Casa Rooms

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	cereals/toast	cereals/toast	cereals/toast	cereals/toast	cereals/toast
Morning Tea	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter	fruit/vegetable platter
Lunch	Lamb Casserole (lamb, potato, carrot, beans, mushroom, courgette, onion)	Tuna Pasta Bake (tuna, pasta, cauliflower, pumpkin, leek, white sauce, breadcrumb, cheese)	Spiced Beef with Rice (beef, rice, capsicum, beans, corn, carrot, cabbage, mushroom)	Moroccan Chicken & Noodle Dish (chicken, noodle, onion, bean sprouts, capsicum, courgette)	Leek, Pea & Broccoli Soup (leek, pea, broccoli, lentil, capsicum, potato)
Lunch Grain	buttered bread	grilled italian bread circles	cheese on toast	toasted wholegrain buns	garlic bread
Afternoon Tea	Cheese & Grain Platter accompanied by fruit/yoghurt	Hummus & Vegetable Sticks accompanied by fruit/yoghurt	Corn Thins with Cucumber accompanied by fruit/yoghurt	Cottage Cheese Sandwiches accompanied by fruit/yoghurt	Mini Wraps accompanied by fruit/yoghurt