

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
<b>Stage 1 Lunch</b> (approx 4-6 mths)	puree; beef, rice, carrot	puree; lentils, potato, peas	puree; chicken, pasta, pumpkin	puree: lamb, kumara, courgette	puree; salmon, potato, spinach
<b>Stage 1 daily snack</b>	puree apple & baby rice	puree banana & baby rice	puree pear & baby rice	puree peach & baby rice	puree apricot & baby rice
<b>Stage 2 Lunch</b> (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
<b>Stage 2 Morning Snack</b>	grated apple & yoghurt	mashed banana & custard	grated pear & yoghurt	mashed peach & custard	mashed apricot & yoghurt
<b>Stage 2 Afternoon Snack</b>	plain bread (no crust)	grated cheese	cottage cheese	plain cracker (corn thin)	grated cheese

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**Week 2 and Week 4**

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

Fountain City Montessori Summer Menu - Nido Room Stage 3 & Stage 4  
**Week 1**

Age approx 9 - 24mths	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 Main	<b>Mince Nachos</b> (beef, onion, tomato, pea, potato, black bean, cheese, yoghurt)	<b>Vegetarian Quiche</b> (leek, kumara, spinach, butter bean, cheese, homemade wholemeal quiche base)	<b>Chicken 'Sausage' Scrolls</b> (chicken, onion, carrot, pea, spinach, tortilla wraps)	<b>Lamb Bolognese</b> (lamb, pasta, onion, leek, carrot, celery, tomato, cheese)	<b>Salmon Salad &amp; Rice</b> (rice, carrot, onion, salmon, tomato, mesclun salad leaves, yoghurt)
Lunch Grain	tortilla chips	buttered bread triangles	toasted pita bread	garlic bread	tortilla shells (soft)
Afternoon Tea	cucumber sandwiches  accompanied by fruit/yoghurt	pita pizza  accompanied by fruit/yoghurt	crackers & cheese  accompanied by fruit/yoghurt	tomato sandwiches  accompanied by fruit/yoghurt	pear fritters  accompanied by fruit/yoghurt

Fountain City Montessori Summer Menu - Nido Room Stage 3 & Stage 4  
**Week 2**

Age approx 9 - 24mths	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 Main	<b>Lamb &amp; Kumara Curry</b> (lamb, onion, kumara, tomato, green beans, carrot, yellow beans)	<b>Tuna Pizza</b> (tuna, tortilla wrap, tomato, lentils, peas, corn, cheese)	<b>Cottage Pie</b> (beef, onion, tomato, carrot, beans, mushroom, corn, cheese, fresh breadcrumbs)	<b>Chicken Risotto</b> (chicken, rice, onion, cauliflower, carrot, corn, mushroom, butter beans)	<b>Spinach &amp; Pea Lasagne</b> (pasta, spinach, pea, zucchini, chickpea, cheese sauce, cheese)
Lunch Grain	cheesy toast fingers	toasted pita bread	grilled grainy buns	buttered bread triangles	sourdough bread
Afternoon Tea	tortilla chips with hummus  accompanied by fruit/yoghurt	bread with beetroot spread  accompanied by fruit/yoghurt	apple fritters  accompanied by fruit/yoghurt	rice cakes (quinoa) with cheese  accompanied by fruit/yoghurt	beetroot & hummus sandwiches  accompanied by fruit/yoghurt

Fountain City Montessori Summer Menu - Nido Room Stage 3 & Stage 4  
**Week 3**

Age approx 9 - 24mths	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 Main	<b>Beef Bolognese</b> (beef, pasta, onion, leek, carrot, celery, tomato, cheese)	<b>Baked Bean &amp; Spinach Quesadillas</b> (tortilla wrap, baked beans, spinach, onion, capsicum, cheese)	<b>Creamy Chicken &amp; Pasta Bake</b> (chicken, pasta, courgette, carrot, broccoli, cheese sauce)	<b>Cheesy Lamb 'Sausage' Scrolls</b> (beef, leek, carrot, spinach, celery, tortilla wrap, cheese)	<b>Quinoa, Salmon &amp; Chickpea Salad</b> (salmon, quinoa, chickpea, tomato, spinach, pumpkin, onion)
Lunch Grain	grainy buns	buttered bread triangles	soft buffet rolls	toast fingers	toasted pita bread
Afternoon Tea	cucumber & hummus sandwiches  accompanied by fruit/yoghurt	pear fritters  accompanied by fruit/yoghurt	pitta pizza  accompanied by fruit/yoghurt	vege sticks & beetroot dip  accompanied by fruit/yoghurt	cheesy toast fingers  accompanied by fruit/yoghurt

Fountain City Montessori Summer Menu - Nido Room Stage 3 & Stage 4  
**Week 4**

Age approx 9 - 24mths	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 Main	<b>Shepherds Pie</b> (lamb, capsicum, onion, mushroom, carrot, potato, pea, cheese)	<b>Tuna Pasta Bake</b> (tuna, pasta, pumpkin leek, cauliflower, white sauce, breadcrumb, cheese)	<b>Beef Nachos</b> (beef, capsicum, mushroom, lentils, peas, cheese, yoghurt)	<b>Chicken &amp; Mild Spiced Noodle</b> (chicken, pasta, green beans, yellow beans, carrot, mung beans, onion, capsicum)	<b>Vegetable Bake</b> (kumara, carrot, onion, butter beans, pumpkin, white sauce, breadcrumb, cheese)
Lunch Grain	buttered bread	sourdough	tortilla chips	toasted pita	buttered bread triangles
Afternoon Tea	cheese & grain platter  accompanied by fruit/yoghurt	hummus & carrot sandwiches  accompanied by fruit/yoghurt	cheese on corn thins  accompanied by fruit/yoghurt	banana & apple fritters  accompanied by fruit/yoghurt	pita pizza  accompanied by fruit/yoghurt

Fountain City Montessori Summer 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 Main	<b>Beef Risotto</b> (beef, rice, mushroom, cauliflower, carrot, broccoli, lentils)	<b>Toasted Kumara &amp; Bean Salad</b> (kumara, four bean mix, salad greens, frozen beans, capsicum, yoghurt dressing)	<b>Creamy Chicken Pasta</b> (chicken, pasta, cheese sauce, broccoli, carrot, mushroom, tomato)	<b>Lamb &amp; Potato Curry</b> (lamb, potato, onion, carrot, capsicum, tomato, pea)	<b>Quinoa, Salmon &amp; Chickpea Salad</b> (salmon, quinoa, chickpea, tomato, rocket leaves, pumpkin, onion)
Lunch Grain	Toast Squares	Soft Grainy Buns	Toasted Pita Bread	Garlic Bread	Buttered Bread
Afternoon Tea	<b>Cheese on Crackers</b>  accompanied by fruit/yoghurt	<b>Savoury Scones</b>  accompanied by fruit/yoghurt	<b>Mandarin &amp; Bran Muffins</b>  accompanied by fruit/yoghurt	<b>Lettuce &amp; Cottage Cheese Sandwiches</b>  accompanied by fruit/yoghurt	<b>Pita Pizza</b>  accompanied fruit/yoghurt

Fountain City Montessori Summer 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 Main	<b>Lamb Bolognese</b> (lamb, pasta, carrot, onion, beans, potato, tomato)	<b>Creamy Tuna Penne Bake</b> (tuna, pasta, broccoli, corn, cauliflower, capsicum, white sauce, breadcrumb)	<b>Savoury Mince</b> (beef, onion, corn, beans, carrot, tomato)	<b>Spanish Chicken with Rice</b> (chicken, rice, onion, capsicum, cucumber, mung bean, spinach, yoghurt, tomato)	<b>Vegetable Quesadillas</b> (tortilla wraps, spinach, butter bean, black beans, corn, onion, cheese)
Lunch Grain	cottage cheese sandwiches	toasted pita bread	cheesy toast fingers	buttered bread triangles	baked buffet rolls
Afternoon Tea	<b>Green Pea Hummus &amp; Vege Platter</b>  accompanied by fruit/yoghurt	<b>Chilli Bean &amp; Cheese Toasted Sandwiches</b>  accompanied by fruit/yoghurt	<b>Apple &amp; Cinnamon Muffins</b>  accompanied by fruit/yoghurt	<b>Cheese on Crackers</b>  accompanied by fruit/yoghurt	<b>Savoury Scones</b>  accompanied by fruit/yoghurt

Fountain City Montessori Summer 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 Main	<b>Beef Tacos</b> (soft taco shell, beef, four bean mix, spinach, lettuce, cabbage, carrot, cottage cheese, onion)	<b>Creamy Garlic Penne</b> (penne, cannellini beans, cauliflower rice, sliced green beans, capsicum, cheese)	<b>Chicken Risotto</b> (chicken, rice, capsicum, corn, mushroom, black bean, broccoli, carrot, onion)	<b>Savoury Mince &amp; Mash</b> (lamb, pea, corn, onion, kidney bean, potato, tomato, carrot)	<b>Creamy Salmon Bake</b> (salmon, rigatoni, cheese sauce, breadcrumb, carrot, pea, spinach, chives)
Lunch Grain	buttered bread fingers	grilled grainy buns	toasted pita bread	toast triangles	sourdough
Afternoon Tea	pineapple & coconut muffins  accompanied by fruit/yoghurt	mexican dip & vege platter  accompanied by fruit/yoghurt	cheese & tomato toasties  accompanied by fruit/yoghurt	pita pizza  accompanied by fruit/yoghurt	cheese on crackers  accompanied by fruit/yoghurt

Fountain City Montessori Summer 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 Main	<b>'Sausage' Scrolls with Slaw</b> (lamb, wraps, cheese, onion, red cabbage, green cabbage, spinach, carrot)  toasted buffet rolls	<b>Tuna Salad</b> (tuna, rigatoni, yoghurt, pickles, corn, celery, red onion)  grainy buns grilled with cheese	<b>Beef &amp; Mushroom Risotto</b> (beef, rice, mushroom, corn, onion, green bean, yellow bean, capsicum)  toasted pita bread	<b>Chicken Noodle Stir-Fry</b> (chicken, noodle, capsicum, onion, carrot, courgette)  buttered bread squares	<b>Vegetable Pasta</b> (penne, tomato, capsicum, corn, broccoli, pea, chickpea sauce, cheese)  sourdough
Lunch Grain					
Afternoon Tea	savoury scones  accompanied by fruit/yoghurt	hummus, cheese & vege platter  accompanied by fruit/yoghurt	chilli bean & cheese toasted sandwiches  accompanied by fruit/yoghurt	pita pizza  accompanied by fruit/yoghurt	raspberry & coconut muffins  accompanied by fruit/yoghurt