Montessori Little Birds

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Menu of week 45

Monday, 2 November

GRTA beetroot salad
Omelette
Tandoori sauce
Basmati rice
Sliced GRTA carrots
Pear

Tuesday, 3 November

GRTA green salad
Pollock fillet, Bordelaise style (North Pacific)
Tomato-flavoured wheat
Green beans with parsley
Plain yoghurt

V Thursday, 5 November

GRTA vegetable soup
GRTA potatoes gratinated with raclette cheese
Roasted GRTA squash
GRTA apple

Friday, 6 November

GRTA green salad
Milanese-style escalope (France)
Tomato sauce
Penne pasta
Broccoli
Apple and blackcurrant tart

Bread: Corn ciabatta, GRTA semi-white bread, organic GRTA stoneground loaf, GRTA farmhouse bread

V Vegetarian menu

Our meals may contain traces of allergens.

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Menu of week 46

Monday, 9 November

Grated GRTA carrots
Sautéed pork (Switzerland)
Sage gravy
Spätzli
Cauliflower with parsley
Chocolate éclair

V Tuesday, 10 November

GRTA green salad
Fusilli pasta
Neapolitan tomato sauce
Grated cheese
Apple and pear compote

Thursday, 12 November

GRTA Batavia lettuce salad
Prawn tails (Vietnam)
Coconut curry sauce
Fragrant rice
Sliced GRTA carrots
Pineapple salad

V Friday, 13 November

Cucumber salad
Oven-baked vegetarian nuggets
Yoghurt sauce
Bulgur cooked in stock
Braised GRTA leeks
Strawberry yoghurt

Bread: GRTA farmhouse bread, organic GRTA stoneground loaf, corn ciabatta, GRTA semi-white bread
V Vegetarian menu

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Menu of week 47

Monday, 16 November

Sweetcorn salad
Sliced chicken thigh (France)
Cream gravy
Wholewheat penne
Romanesco florets
GRTA apple

V Tuesday, 17 November

GRTA green salad
Ratatouille raviolini
Tomato sauce
Grated Grana Padano
Apple and chestnut compote

V Thursday, 19 November

Creamy GRTA squash soup with coconut milk
Vegetable spring rolls
Sweet and sour sauce
Cantonese-style fried rice
Chocolate mousse

Friday, 20 November

GRTA green salad
Salmon fillet (Norway)
Lemon wedge
Oven-roasted baby potatoes
Spinach gratin
Apricot yoghurt

Bread: Organic GRTA stoneground loaf, GRTA farmhouse bread, GRTA semi-white bread, GRTA dark wholemeal bread

V Vegetarian menu

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Montessori Little Birds

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Menu of week 48

V Monday, 23 November

Hard-boiled egg
Noodles stir-fried in sesame oil
Julienned vegetables and edamame with soy
Plain yoghurt

Tuesday, 24 November

GRTA green salad
Roman-style calamari rings (North and South Pacific)
Light tartare sauce
Oven-roasted baby potatoes
Green beans
Apple fritter

Thursday, 26 November

GRTA vegetable soup
Beef chilli con carne (Switzerland)
White rice
Banana

V Friday, 27 November

GRTA green salad
Chickpea stew
Mushroom sauce
Creamy cheese polenta
GRTA Vichy-style carrots
Orange

Bread: GRTA farmhouse bread, GRTA semi-white bread, organic GRTA stoneground loaf, corn ciabatta

V Vegetarian menu

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