LITTLE ACORNS MONTESSORI SCHOOL

Autumn 2026 Lunch Menu

Breakfast
A selection of cereals or porridge (Please see chef for allergen information)

Fresh fruit with wholemeal toast or baked goods, served with a cup of milk or water

Early Snack
Fresh fruit or vegetable sticks, served with a cup of milk or water (Please see chef for allergen information)

WEEK 1 *(Served with water)*

MONDAY
Main Course: Tuscan Chicken & Vegetable Orzo

Veg.: Tuscan Tofu & Vegetable Orzo

Dessert: Rice Pudding with Fruit

TUESDAY
Main Course: Lentil & Vegetable Spaghetti Bolognese

Veg.: Lentil & Vegetable Spaghetti Bolognese

Dessert: Orange Wedges

WEDNESDAY
Main Course: Peri-Peri Lamb & Vegetable Rice

Veg.: Mild Peri-Peri Bean & Vegetable Rice

Dessert: Natural Yogurt with Fruit

THURSDAY
Main Course: Tuna Pita with Carrot & Cucumber Sticks

Veg.: Falafel Pita with Carrot & Cucumber Sticks

Dessert: Banana with Natural Yogurt

FRIDAY
Main Course: Oven-Baked Cod with Potato Wedges & Peas

Veg.: Vegetable Fingers with Potato Wedges & Peas

Dessert: Strawberries with Greek Yogurt

WEEK 2 *(Served with water)*

MONDAY
Main Course: Shepherd's Pie with Yorkshire Pudding

Veg.: Lentil Shepherd's Pie with Yorkshire Pudding

Dessert: Yogurt with Mashed Berries

TUESDAY
Main Course: Aubergine and Chickpea Tagine served with Couscous

Veg.: Aubergine and Chickpea Tagine served with Couscous

Dessert: Pear Slices

WEDNESDAY
Main Course: Baked Potato with Chilli Con Carne

Veg.: Baked Potato with Chilli Beans

Dessert: Banana and Avocado Mousse

THURSDAY
Main Course: Penne Pasta with Chicken, Courgette and Peas in Tomato Sauce

Veg.: Penne Pasta with Mushroom, Courgette and Peas in Tomato Sauce

Dessert: Orange Slices

FRIDAY
Main Course: Wholemeal Pitta Pizza with Tomato, Cheese, Sweetcorn and Cucumber Sticks

Veg.: Wholemeal Pitta Pizza with Tomato, Cheese, Sweetcorn and Cucumber Sticks

Dessert: Strawberry Yogurt Flan

WEEK 3 *(Served with water)*

MONDAY
Main Course: Tex-Mex Chicken & Rice

Veg.: Tex-Mex Vegetable & Rice

Dessert: Apple Crumble

TUESDAY
Main Course: Creamy Parmesan Pasta with Cherry Tomatoes

Veg.: Creamy Parmesan Pasta with Cherry Tomatoes

Dessert: Orange & Melon Wedges

WEDNESDAY
Main Course: Roast Potato Pie

Veg.: Vegetarian Roast Potato Pie

Dessert: Greek Yogurt with Fruit

THURSDAY
Main Course: Grilled Mozzarella Panini with Veggie Sticks

Veg.: Grilled Mozzarella Panin with Veggie Sticks

Dessert: Orange Loaf Cakes

FRIDAY
Main Course: Chicken Goujons with Sweet Potato Fries & Seasonal Vegetables

Veg.: Vegetable Dippers with Sweet Potato Fries & Seasonal Vegetables

Dessert: Peaches with Yogurt

WEEK 4 *(Served with water)*

MONDAY
Main Course: Fish & Vegetable Stir-Fry Noodles

Veg.: Vegetable Stir Fry Noodles

Dessert: Custard

TUESDAY
Main Course: Lamb Curry with Naan Bread

Veg.: Paneer Curry with Naan Bread

Dessert: Greek Yogurt & Banana

WEDNESDAY
Main Course: Creamy Vegetable Gnocchi with Steamed Broccoli

Veg.: Creamy Vegetable Gnocchi with Steamed Broccoli

Dessert: Apple Slices

THURSDAY
Main Course: Chicken & Sweetcorn Quesadilla

Veg.: Cheesy Black Bean Quesadilla

Dessert: Fresh Melon Cubes

FRIDAY
Main Course: Spinach & Kale Falafel Burger with Corn on the Cob

Veg.: Spinach & Kale Falafel Burger with Corn on the Cob

Dessert: Grapes & Berries

WE USE STRICTLY HALAL MEAT AND POULTRY FROM OUR LOCAL BUTCHERS

Food allergies & Intolerance - please speak with a member of our team to discuss the ingredients used in our meals.

Weaning Menu

Our weaning menu is adapted to meet each child's individual needs, age and stage of development. Meals are prepared to an appropriate texture and consistency and may be puréed, mashed or chopped as required.



WEEK 1

MONDAY
Soft Chicken & Vegetable Orzo

TUESDAY
Vegetable Bolognese with Pasta

WEDNESDAY
Mild Lamb, Vegetable & Rice Bowl

THURSDAY
Tuna Pasta with Peppers

FRIDAY
Flaked Cod with Soft Potato & Peas

WEEK 2

MONDAY
Shepherd's Pie with Yorkshire Pudding

TUESDAY
Aubergine and Chickpea Tagine served with Couscous

WEDNESDAY
Baked Potato with Chilli Con Carne

THURSDAY
Penne Pasta with Chicken, Courgette and Peas in Tomato Sauce

FRIDAY
Wholemeal Pitta Pizza with Tomato, Cheese, Sweetcorn and Cucumber Sticks

WEEK 3

MONDAY
Tex-Mex Chicken & Rice

TUESDAY
Creamy Parmesan Pasta with Peas

WEDNESDAY
Roast Potato Pie

THURSDAY
Loaded Sweet Potato with Beans & Cheese

FRIDAY
Chicken Tenders with Seasonal Vegetables

WEEK 4

MONDAY
Fish & Vegetable Stir-Fry Noodles

TUESDAY
Lamb Curry with Naan Bread

WEDNESDAY
Creamy Vegetable Gnocchi with Steamed Broccoli

THURSDAY
Mild Jollof-Style Rice with Vegetables

FRIDAY
Spinach & Kale Falafel Burger with Corn on the Cob



For Dessert, children will be offered a choice of Greek yogurt or fresh fruit

LITTLE ACORNS MONTESSORI SCHOOL

WEANING MENU

VEGETARIAN OPTIONS

Meals can be puréed, mashed or chopped to suit each child's individual needs and stage of development.



WEEK 1

MONDAY
Soft Tofu & Vegetable Orzo

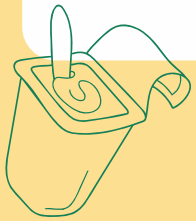
TUESDAY
Vegetable & Lentil Bolognese with Pasta

WEDNESDAY
Mild Bean, Vegetable & Rice Bowl

THURSDAY
Creamy Vegetable Pasta with Peppers

FRIDAY
Soft Vegetable & Potato Cakes with Peas





WEEK 2

MONDAY
Lentil Shepherd's Pie with Yorkshire Pudding

TUESDAY
Aubergine and Chickpea Tagine served with Couscous

WEDNESDAY
Baked Potato with Mild Bean Chilli

THURSDAY
Penne Pasta with Courgette, Peas & Tomato Sauce

FRIDAY
Wholemeal Pitta Pizza with Tomato, Cheese & Vegetables

WEEK 3

MONDAY
Mild Tex-Mex Vegetable & Rice

TUESDAY
Creamy Parmesan Pasta with Peas

WEDNESDAY
Vegetable & Roast Potato Pie

THURSDAY
Loaded Sweet Potato with Beans & Cheese

FRIDAY
Soft Vegetables Patties with Seasonal Vegetables

WEEK 4

MONDAY
Vegetable Stir-Fry Noodles

TUESDAY
Mild Lentil & Vegetable Curry with Naan Bread

WEDNESDAY
Creamy Vegetable Gnocchi with Steamed Broccoli

THURSDAY
Mild Jollof-Style Rice with Vegetables

FRIDAY
Spinach & Kale Falafel with Soft Vegetables

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Tea

WEEK 1

MONDAY
Fish Fingers with Baked Beans

TUESDAY
Wholemeal Cheese Toastie with Vegetable Sticks

WEDNESDAY
Potato Waffle with Veggie Patties

THURSDAY
Mini Vegetable & Cheese Pizza

FRIDAY
Wholemeal Pancakes with Fruit

WEEK 2

MONDAY
Scone with Butter & Fresh Fruit

TUESDAY
Smiley Potatoes with Fish Cakes

WEDNESDAY
Cream Cheese Bagel with Cucumber

THURSDAY
Steamed Vegetable Rice

FRIDAY
Vegetable Soup with Toast

WEEK 3

MONDAY
Wholemeal Toast with Fruit Spread

TUESDAY
Rainbow Vegetable Noodles

WEDNESDAY
Mini Cheese & Onion Rolls with Veggie Sticks

THURSDAY
Couscous with Vegetables

FRIDAY
Pasta Hoops in Tomato Sauce

WEEK 4

MONDAY
Crispy Potato Croquettes with Mixed Vegetables

TUESDAY
Rice Cake with Cream Cheese and Cucumber

WEDNESDAY
Tuna & Sweetcorn Sandwich / Cheese Sandwich

THURSDAY
Carrot and Sweet Potato Soup with Toast Fingers

FRIDAY
Pasta Shell with Peas

All tea meals have a vegetarian alternative