



ROCKING HORSE MONTESSORI

Infant Menu: WEEK 1

Day	Morning Snack	Lunch	Afternoon Snack
Monday Milk product Substitutions: Lactose Free and Almond Milk	Milk Cereal Apple Sauce	Vegetables, Beans, Quinoa and Onion Soup Finger food Cheese Sandwich	Sliced cucumber Yogurt dip Seasonal Fruit
Tuesday Milk product Substitutions: Lactose Free and Almond Milk	Milk Oatmeal	Lentil , Zucchini, Sweet Potato, and Onion Soup Finger food Steam carrots	Cheese and Crackers Seasonal Fruit
Wednesday Milk product Substitutions: Lactose Free and Almond Milk	Milk Toast with butter and jam	Chicken, rice and Celery, onion soup Finger Food Steam Peas	Pita & Cream Cheese Seasonal Fruit
Thursday Milk product Substitutions: Lactose Free and Almond Milk	Milk Pita Bread and cheese	Beef Spinach and Onion Soup Finger Food Sweet Potato	Banana Bread Seasonal Fruit Water
Friday Milk product Substitutions: Lactose Free and Almond Milk	Milk Cereal	Chicken Breast, Zucchini, Carrots and Onion Soup Finger food Broccoli	Crackers Seasonal Fruit



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Infant Menu: WEEK 2

	Morning Snack	Lunch	Afternoon Snack
Monday Milk product Substitutions: Lactose Free and Almond Milk	Milk Cereal Fruit Puree	Beans, Potato, Zucchini and Onion Soup Finger Food Steam Corn	Yogurt and Banana
Tuesday Milk product Substitutions: Lactose Free and Almond Milk	Milk Oatmeal	Beef, Rice, Spinach and Onion Soup Finger Food Steamed Green Beans	Bread and Cheese Apple
Wednesday Milk product Substitutions: Lactose Free and Almond Milk	Milk Toast with butter and jam Seasonal fruit	Chicken, potato, and Onion Soup Finger Food Sweet Potatoes	Seasonal fruit Cucumber and dip
Thursday Milk product Substitutions: Lactose Free and Almond Milk	Milk Oatmeal Banana bar	Lentil, rice, kale and Onion Soup Finger Food Steam Carrots	Pita and cheese Banana
Friday Milk product Substitutions: Lactose Free and Almond Milk	Milk Cereal	Chicken, Celery, Basmati Rice and Onion Soup Finger Food Steam Green Peas	Cube Cheese with cucumber Apple



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Infant Menu: WEEK 3

Day	Morning Snack	Lunch	Afternoon Snack
Monday Milk product Substitutions: Lactose Free and Almond Milk	Milk Cereal	Lentils, Red Pepper, Quinoa and Onion Soup Finger Food Steamed Carrots	Bran Muffin Seasonal Fruit
Tuesday Milk product Substitutions : Lactose Free and Almond Milk	Milk Oatmeal Banana bar	Lentil, Potatoes, Parsley and Onion Soup Finger Food Steam Peas	Cucumber and Yogurt Banana
Wednesday Milk product Substitution: Lactose Free and Almond Milk	Milk Cereal	Chicken Zucchini, Rice and Onion Soup Finger food Steam Rice	Pita and Cream Cheese Apple
Thursday Milk product Substitution: Lactose Free and Almond Milk	Milk Oatmeal	Beef , Basmati Rice, Green Beans and Onion Soup Finger Food Pasta	Vegetables and dip Banana
Friday Milk product Substitutions: Lactose Free and Almond Milk Banana Bread	Milk Cereal	Quinoa, Corn, Green Beans and Onion Soup Finger Food	Cheese with whole grain bread Seasonal Fruit



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Infant Menu: WEEK 4

Day	Morning Snack	Lunch	Afternoon Snack
Monday Milk product Substitutions: Lactose Free and Almond Milk	Milk Cereal Seasonal fruit	Lentil, Brown Rice, Carrots and Onion Soup Finger Food Steam Zucchini	Bran Muffin Apple
Tuesday Milk product Substitutions: Lactose Free and Almond Milk	Milk Oatmeal Seasonal fruit	Beef, Green Beans, Potatoes and Onion Soup Finger Food Steam Carrots	Pita Cream Cheese Banana
Wednesday Milk product Substitutions: Lactose Free and Almond Milk	Milk Toast with butter and jam Seasonal Fruit	Chicken, Spilt Peas, Bell Pepper and Onion Soup Finger food Rice	Vegetable Sticks and dip Season Fruit
Thursday Milk product Substitutions: Lactose Free and Almond Milk	Milk Oatmeal Banana bar Seasonal fruit	Vegetable, Sweet Potatoes, Celery and Onion Soup Finger food Green Beans	Banana Bread Seasonal Fruit
Friday Substitutions Milk product: Lactose Free and Almond Milk	Milk Cereal Pear Puree	Beef, Potatoes, Zucchini and Onion Soup Finger food Carrots	Cube Cheese & Crackers Apple