

# ACE Day Nursery Vegetarian Food Menu

Week 1: 3<sup>rd</sup> September – 21<sup>st</sup> December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Lunch: 12pm-12.40pm</u></b></p> <ul style="list-style-type: none"> <li>-Meatballs in a lentil, tomato and onion sauce</li> <li>-Wholemeal spaghetti</li> <li>-Soft carrot sticks</li> </ul> <ul style="list-style-type: none"> <li>-Natural yoghurt</li> <li>-Fruit</li> </ul>	<p><b><u>Lunch: 12pm-12.40pm</u></b></p> <ul style="list-style-type: none"> <li>-Cheese and pea risotto</li> <li>-Roasted vegetables</li> </ul> <ul style="list-style-type: none"> <li>-Pears</li> <li>-Custard</li> </ul>	<p><b><u>Lunch: 12pm-12.40pm</u></b></p> <ul style="list-style-type: none"> <li>-Bean and vegetable lasagne</li> <li>-Cheesy garlic bread</li> <li>-Broccoli</li> </ul> <ul style="list-style-type: none"> <li>-Fruit salad (made by the children with Sharon)</li> </ul>	<p><b><u>Lunch: 12pm-12.40pm</u></b></p> <ul style="list-style-type: none"> <li>-Quorn and black bean casserole</li> <li>-Roasted potatoes</li> <li>-Broad beans</li> </ul> <ul style="list-style-type: none"> <li>-Greek rice pudding (Rizogalo)</li> </ul>	<p><b><u>Lunch: 12pm-12.40pm</u></b></p> <ul style="list-style-type: none"> <li>-Sausage</li> <li>-German sauerkraut</li> <li>-Mashed potato</li> <li>-Gravy</li> </ul> <ul style="list-style-type: none"> <li>-German apple strudel (Apfelstrudel)</li> </ul>
<p><b><u>High Tea: 4.20pm-4.50pm</u></b></p> <ul style="list-style-type: none"> <li>-Spanish cheese croquettes (Croquetas)</li> <li>-Aioli dip</li> <li>-Sliced beetroot</li> </ul> <ul style="list-style-type: none"> <li>-Melon</li> </ul>	<p><b><u>High Tea: 4.20pm-4.50pm</u></b></p> <ul style="list-style-type: none"> <li>-Crumpets with houmous crumpets</li> <li>-Tomato slices</li> </ul> <ul style="list-style-type: none"> <li>-Mini fruit yoghurt</li> </ul>	<p><b><u>High Tea: 4.20pm-4.50pm</u></b></p> <ul style="list-style-type: none"> <li>-Bean rolls</li> <li>-Gherkins</li> </ul> <ul style="list-style-type: none"> <li>-Fruit malt loaf</li> </ul>	<p><b><u>High Tea: 4.20pm-4.50pm</u></b></p> <ul style="list-style-type: none"> <li>-Carrot and coriander soup</li> <li>-Cheesy garlic bread (made by the children)</li> </ul> <ul style="list-style-type: none"> <li>-Blueberries</li> </ul>	<p><b><u>High Tea: 4.20pm-4.50pm</u></b></p> <ul style="list-style-type: none"> <li>-Tomato and bean pasta</li> </ul> <ul style="list-style-type: none"> <li>-Orange wedges</li> </ul>

Morning and afternoon snacks are available from 9.30am - 10.15am and 2.15pm - 3.00pm respectively.

The children have a choice of fresh fruit and vegetables along with a selection of crackers and breads.

The children often help us to set the menu and we aim to provide dishes from around the world.

Sharon, our cook, will adapt the menu for children with specific dietary requirements. We do not add raw sugar to any of our dishes; maple syrup or honey is sometimes added.