

ACE Day Nursery Vegetarian Food Menu

Week 1: 1st September – 23rd December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch: 12pm</u></p> <ul style="list-style-type: none"> -Cheese and egg pasta bake -Broccoli -Spiced apples -Custard 	<p><u>Lunch: 12pm</u></p> <ul style="list-style-type: none"> -Chickpea and vegetable curry -Mushroom rice -Naan bread -Fresh fruit salad 	<p><u>Lunch: 12pm</u></p> <ul style="list-style-type: none"> -Lentil bolognese -Couscous -Mixed vegetables -Apricot bread and butter pudding Made by the children with Sharon 	<p><u>Lunch: 12pm</u></p> <ul style="list-style-type: none"> -Polish quorn beef goulash -Mashed potato -Cabbage -Polish rice pudding 	<p><u>Lunch: 12pm</u></p> <ul style="list-style-type: none"> -Macaroni cheese with quorn bacon pieces -Mixed vegetables -Warm winter berries
<p><u>High Tea: 3.30pm</u></p> <ul style="list-style-type: none"> -Houmous -Pitta bread -Thin pepper sticks -Pear slices 	<p><u>High Tea: 3.30pm</u></p> <ul style="list-style-type: none"> -Crackers -Cheese slices -Tomato slices -Natural yoghurt 	<p><u>High Tea: 3.30pm</u></p> <ul style="list-style-type: none"> -Butternut squash and bean soup -Bread and butter -Banana 	<p><u>High Tea: 3.30pm</u></p> <ul style="list-style-type: none"> -Polish bread -Cream cheese -Cucumber slices -Satsuma 	<p><u>High Tea: 3.30pm</u></p> <ul style="list-style-type: none"> -Buttered crumpets -Houmous -Carrot ribbons -Natural yoghurt

Morning snack is available from **9.30am**. 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 sugar to any of our dishes; maple syrup or honey is sometimes added.