

ACE Day Nursery Food Menu - Week 1 - Spring 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Lunch - 12pm-12.40pm</u> Green macaroni cheese with cannelloni beans Thin pepper sticks Tomato slices Stewed fruit & natural yoghurt (Contains no added sugar)	<u>Lunch - 12pm-12.40pm</u> Falafel in a homemade tomato and onion sauce with couscous Broccoli & cauliflower Rice pudding with mixed dried fruit (Contains no added sugar)	<u>Lunch - 12pm-12.40pm</u> Chinese hot & sour Quorn (pieces) stir fry Babycorn Rice Chinese steamed sponge cake (Sugar is replaced with dried fruit) with custard (Contains no added sugar)	<u>Lunch - 12pm-12.40pm</u> Lentil bolognese with Wholemeal spaghetti Crusty garlic bread Cooked carrot sticks (Sofia's choice) Children help Sharon make Fresh fruit salad Strawberry ice-cream (Lara's choice) (1 scoop of ice cream contains 7g of sugar)	<u>Lunch - 12pm-12.40pm</u> Sausages Mashed cheesy sweet potato (Evelyn's choice) Broccoli & sweetcorn with gravy Pea cupcakes with ACE mint (Sugar replaced with honey)
<u>High Tea - 4.20pm-4.50pm</u> Choice of marmite or houmous crumpets with carrot ribbons Satsuma	<u>High Tea - 4.20pm-4.50pm</u> Five beans Toasted soldiers Yoghurt	<u>High Tea - 4.20pm-4.50pm</u> French croissants with a choice of cream cheese or grated cheese Apple slices	<u>High Tea - 4.20pm-4.50pm</u> Scrambled egg & ACE Cress Pitta bread Yoghurt	<u>High Tea - 4.20pm-4.50pm</u> Grated cheddar cheese Crackers with pineapple slices Box of raisins

Morning snack is free flow from **9.30am - 10.15am** - choice of fresh fruit and vegetables with a selection of crackers/breads.

Afternoon snack is free flow from **2.15pm - 3.00pm** - choice of fresh fruit and vegetables with a selection of crackers/breads.

Sharon, our cook, is able to adapt the menu for children with specific dietary requirements. A member of staff sits at each table during meal times and encourages the children to develop independence in terms of feeding themselves, using cutlery, serving food and tidying up afterwards.