

# ACE Day Nursery Vegetarian Food Menu

Week 1: 7<sup>th</sup> January 2019 – 12<sup>th</sup> April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Lunch: 12pm-12.40pm</u></b></p> <ul style="list-style-type: none"> <li>-Quorn korma curry</li> <li>-Mushroom &amp; pepper rice</li> <li>-Naan bread</li> </ul> <ul style="list-style-type: none"> <li>-Pineapple &amp; mango slices</li> </ul>	<p><b><u>Lunch: 12pm-12.40pm</u></b></p> <ul style="list-style-type: none"> <li>-Lentil cottage pie topped with sweet potato</li> <li>-Gravy</li> <li>-Broccoli</li> </ul> <ul style="list-style-type: none"> <li>-Apple crumble</li> <li>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>-Ratatouille and bean lasagne</li> <li>-Garlic bread</li> <li>Made by the children</li> </ul> <ul style="list-style-type: none"> <li>-Blackberry filo tart</li> </ul>	<p><b><u>Lunch: 12pm-12.40pm</u></b></p> <ul style="list-style-type: none"> <li>-<b>Spanish</b> chickpea and spinach stew</li> <li>-Couscous</li> </ul> <ul style="list-style-type: none"> <li>-<b>Spanish</b> raspberry crème Catalana</li> </ul>	<p><b><u>Lunch: 12pm-12.40pm</u></b></p> <ul style="list-style-type: none"> <li>-Southwest <b>American</b> hotpot with quorn</li> <li>-Tomato slices</li> <li>-Crusty bread</li> </ul> <ul style="list-style-type: none"> <li>-Coconut semolina</li> </ul>
<p><b><u>High Tea: 4.20pm-4.50pm</u></b></p> <ul style="list-style-type: none"> <li>-Cheese and crackers</li> <li>-Tomatoes</li> </ul> <ul style="list-style-type: none"> <li>-Fruity loaf</li> </ul>	<p><b><u>High Tea: 4.20pm-4.50pm</u></b></p> <ul style="list-style-type: none"> <li>-Cheesy tomato soup</li> <li>-Melba toast</li> </ul> <ul style="list-style-type: none"> <li>-Yoghurt</li> </ul>	<p><b><u>High Tea: 4.20pm-4.50pm</u></b></p> <ul style="list-style-type: none"> <li>-Baked beans</li> <li>-Toast</li> </ul> <ul style="list-style-type: none"> <li>-Banana</li> </ul>	<p><b><u>High Tea: 4.20pm-4.50pm</u></b></p> <ul style="list-style-type: none"> <li>-Scrambled egg</li> <li>-<b>Spanish</b> pan con tomate</li> </ul> <ul style="list-style-type: none"> <li>-Orange wedges</li> </ul>	<p><b><u>High Tea: 4.20pm-4.50pm</u></b></p> <ul style="list-style-type: none"> <li>-Crumpets</li> <li>-Houmous</li> <li>-Cucumber slices</li> </ul> <ul style="list-style-type: none"> <li>-Pineapple rings</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.