

ACE Day Nursery Vegetarian Food Menu

Week 1: 6th January 2020 – 3rd April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Bean bolognese -Wholemeal spaghetti -Peas <ul style="list-style-type: none"> -Apple crumble -Greek yoghurt 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Polish bigos stew -Mashed potato <ul style="list-style-type: none"> -Rice pudding with plums 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Vegetable and lentil hot pot with cheese and potato topping -Cauliflower <ul style="list-style-type: none"> -Stewed fruits 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Brazilian quorn coconut curry -Wholemeal rice -Baby corn <ul style="list-style-type: none"> -Mango and custard 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Chinese chow mein with quorn pieces -Noodles -Broccoli <ul style="list-style-type: none"> -Fruit salad <p>Made by the children with Sharon</p>
<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Toasted cheese and marmite crumpets -Tomato slices <ul style="list-style-type: none"> -Pineapple rings 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Polish bread -Boiled eggs -Cucumber slices <ul style="list-style-type: none"> -Natural yoghurt 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Carrot slices -Thin pepper sticks -Pitta bread -Houmous <ul style="list-style-type: none"> -Chocolate beetroot cup cake <p>Made by the children</p>	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Red lentil soup with cheese -Brown bread <ul style="list-style-type: none"> -Pear slices 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Baked beans -Toast <ul style="list-style-type: none"> -Natural yoghurt

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 sugar to any of our dishes; maple syrup or honey is sometimes added.