

ACE Day Nursery Vegetarian Food Menu

Week 2: 3rd September – 21st December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Sausages -Boiled potatoes -Soya beans -Onion gravy -Banana -Custard 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Chickpea and vegetable Moroccan tagine -Couscous -Fruit platter (made by the children and Sharon) 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Lentil cottage pie -Broccoli -Cauliflower -Winter berry sponge pudding 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Greek artichoke and aubergine moussaka -Baby corn -Crusty bread -Greek honey yoghurt cheesecake 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Quorn vegetable pizza -Homemade chips -Minted peas -Semolina and blackberry sauce
<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Italian minestrone soup -Melba toast -Pineapple 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Cream cheese bagels -Cucumber slices -Banana fairy cakes (made by the children) 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Easy Bulgarian baked beans -Toasted fingers -Greek yoghurt 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Cheshire cheese scones -Tomato slices -Grapes 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Egg pasta -Small fruit 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 raw sugar to any of our dishes; maple syrup or honey is sometimes added.