

ACE Day Nursery Vegetarian Food Menu

Week 2: 6th January 2020 – 3rd April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch: 12pm-12.40pm</u></p> <p>-Egg, cheese and beetroot pasta bake -Broccoli</p> <p>-Natural yoghurt -Stewed berries</p>	<p><u>Lunch: 12pm-12.40pm</u></p> <p>-French pumpkin and parsnip cassoulet -Garlic crusty bread</p> <p>-French apple and persimmon tarte tatin -Custard</p>	<p><u>Lunch: 12pm-12.40pm</u></p> <p>-Meatballs in a mushroom and onion sauce -Mashed potato -Peas</p> <p>-Risgrynsgrot – Swedish rice pudding with orange segments</p>	<p><u>Lunch: 12pm-12.40pm</u></p> <p>-Sardinia quorn mince bake -Couscous -Carrots</p> <p>-Kiwi semolina</p>	<p><u>Lunch: 12pm-12.40pm</u></p> <p>-Double bean and roasted pepper chilli -Wholemeal rice</p> <p>-Apricot bread and butter pudding <small>Made by the children with Sharon</small></p>
<p><u>High Tea: 4.20pm-4.50pm</u></p> <p>-Toasted bagel -Houmous -Cucumber slices</p> <p>-Banana</p>	<p><u>High Tea: 4.20pm-4.50pm</u></p> <p>-French cheesy pinwheels <small>Made by the children</small> -Tomato slices</p> <p>-Pear slices</p>	<p><u>High Tea: 4.20pm-4.50pm</u></p> <p>-Broccoli and quorn soup -Melba toast</p> <p>-Natural yoghurt</p>	<p><u>High Tea: 4.20pm-4.50pm</u></p> <p>-Scrambled egg -Toasted fingers</p> <p>-Satsumas</p>	<p><u>High Tea: 4.20pm-4.50pm</u></p> <p>-Pasta cheesy bean salad</p> <p>-Avocado cake</p>

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.