

ACE Day Nursery Vegetarian Food Menu

Week 2: 7th January 2019 – 12th April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Sausages -Mashed potato -Red cabbage -Fruit -Ice cream 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Quorn chilli con carne -Rice -Cucumber slices -Pear and ginger upside down pudding 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Macaroni cheese -Boiled eggs -Carrots and peas -Stewed rhubarb -Custard 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Leek, bean and potato pie -Quinoa and pomegranate -Broccoli -Kiwi semolina 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Quorn fillet -French red lentils with garlic -Roasted mini potatoes and beetroot -Gravy -Apricot croissant bread and butter pudding <p>Made by the children and Sharon</p>
<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Scrambled egg -Bread roll -Tomato slices -Pear slices 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Warm sausage rolls -Tomato slices -Yoghurt 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Carrot and red lentil soup -Bread -Satsuma 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Bagel and cream cheese -Pepper sticks -Blueberry muffins <p>Made by the children</p>	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Cheese and cucumber wraps -Banana loaf

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.