

## ACE Day Nursery Food Menu, Week 2: 18<sup>th</sup> April 2017 – 18<sup>th</sup> August 2017

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b><u>Lunch: 12pm-12.40pm</u></b>	<b><u>Lunch: 12pm-12.40pm</u></b>	<b><u>Lunch: 12pm-12.40pm</u></b>	<b><u>Lunch: 12pm-12.40pm</u></b>	<b><u>Lunch: 12pm-12.40pm</u></b>
<ul style="list-style-type: none"> <li>-Bean and vegetable curry</li> <li>-Wholemeal rice</li> <li>-Naan bread</li> </ul> <p><b>Food Fact:</b> Naan is a leavened, oven-baked flatbread found in the cuisines of Central and South Asia. The earliest appearance of "naan" in English is from 1810, in a travelogue of William Tooke.</p> <ul style="list-style-type: none"> <li>-Ice cream</li> <li>-Fresh blueberries</li> </ul>	<ul style="list-style-type: none"> <li>-Red pesto pasta bake with quorn pieces (<b>Ada's choice</b>)</li> <li>-Thin cucumber sticks</li> <li>-Babycorn</li> </ul> <ul style="list-style-type: none"> <li>-Fruity flapjack (<b>children help Sharon make the flapjacks</b>)</li> </ul>	<ul style="list-style-type: none"> <li>-<b>French</b> summer pistou soup</li> <li>-Cheesy <b>French</b> baguette</li> <li>-Broccoli</li> </ul> <ul style="list-style-type: none"> <li>-Natural yoghurt</li> <li>-Pear and apple puree</li> </ul>	<ul style="list-style-type: none"> <li>-Falafels in a homemade tomato sauce</li> <li>-Quinoa</li> <li>-Peas and sweetcorn</li> </ul> <ul style="list-style-type: none"> <li>-Rice pudding</li> <li>-Mandarins</li> </ul>	<ul style="list-style-type: none"> <li>-Quorn fillet</li> <li>-Wholemeal pitta bread</li> <li>-Fruity coleslaw</li> <li>-Grated cheese</li> </ul> <ul style="list-style-type: none"> <li>-<b>Dutch</b> apple pie</li> <li>-Custard</li> </ul>
<b><u>High Tea: 4.20pm-4.50pm</u></b>	<b><u>High Tea: 4.20pm-4.50pm</u></b>	<b><u>High Tea: 4.20pm-4.50pm</u></b>	<b><u>High Tea: 4.20pm-4.50pm</u></b>	<b><u>High Tea: 4.20pm-4.50pm</u></b>
<ul style="list-style-type: none"> <li>-Wholemeal bagel</li> <li>-Cream cheese</li> <li>-Tomato slices</li> </ul> <ul style="list-style-type: none"> <li>-Sliced melon</li> </ul>	<ul style="list-style-type: none"> <li>-Homemade cheese and quorn ham pizza</li> <li>-Thin pepper sticks</li> </ul> <ul style="list-style-type: none"> <li>-Mini yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>-Homemade sausage rolls</li> <li>-Sliced tomatoes</li> </ul> <ul style="list-style-type: none"> <li>-Fruit Fresh</li> </ul>	<ul style="list-style-type: none"> <li>-Wholemeal quorn sandwiches (<b>made by the children</b>)</li> <li>-Carrot ribbons</li> </ul> <ul style="list-style-type: none"> <li>-Mini yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>-Boiled eggs</li> <li>-Toasted soldiers</li> <li>-Cucumber slices</li> </ul> <ul style="list-style-type: none"> <li>-Kiwi</li> </ul>

**Morning snack** is free flow from **9.30am - 10.15am** : - choice of fresh fruit and vegetables with a selection of crackers/breads.

**Afternoon snack** is free flow from **2.15pm - 3.00pm** : - choice of fresh fruit and vegetables with a selection of crackers/breads.

Children help us to set the menu and you will see some of their choices included above.

Sharon, our cook, is able to adapt the menu for children with specific dietary requirements. A member of staff sits at each table during meal times and encourages the children to develop independence in terms of feeding themselves, using cutlery, serving food and tidying up afterwards.