

# ACE Day Nursery Vegetarian Food Menu

Week 3: 1<sup>st</sup> September – 23<sup>rd</sup> December 2020

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b><u>Lunch: 12pm</u></b></p> <ul style="list-style-type: none"> <li>-Beef quorn stew</li> <li>-Cheese dumplings</li> <li>-Broccoli</li> </ul> <ul style="list-style-type: none"> <li>-Fresh fruit salad</li> <li>-Ice cream</li> </ul>	<p><b><u>Lunch: 12pm</u></b></p> <ul style="list-style-type: none"> <li>-Meatballs in a tomato sauce</li> <li>-Mashed potatoes</li> <li>-Peas and carrots</li> </ul> <ul style="list-style-type: none"> <li>-Stewed apple</li> <li>-Custard</li> </ul>	<p><b><u>Lunch: 12pm</u></b></p> <ul style="list-style-type: none"> <li>-Bean chilli</li> <li>-Jacket potato</li> <li>-Baby corn</li> </ul> <ul style="list-style-type: none"> <li>-Rice pudding and sliced pear</li> </ul>	<p><b><u>Lunch: 12pm</u></b></p> <ul style="list-style-type: none"> <li>-Lentil and vegetable lasagne</li> <li>-Thin pepper sticks</li> </ul> <ul style="list-style-type: none"> <li>-Pumpkin pie</li> </ul>	<p><b><u>Lunch: 12pm</u></b></p> <ul style="list-style-type: none"> <li>-Egg and spinach curry</li> <li>-Wholemeal rice</li> <li>-Naan bread</li> </ul> <ul style="list-style-type: none"> <li>-Fresh fruit</li> <li>-Natural yoghurt</li> </ul>
<p><b><u>High Tea: 3.30pm</u></b></p> <ul style="list-style-type: none"> <li>-Houmous finger rolls</li> <li>-Carrot ribbons</li> </ul> <ul style="list-style-type: none"> <li>-Satsuma</li> </ul>	<p><b><u>High Tea: 3.30pm</u></b></p> <ul style="list-style-type: none"> <li>-Quorn sausage rolls</li> <li>-Tomato slices</li> </ul> <ul style="list-style-type: none"> <li>-Banana</li> </ul>	<p><b><u>High Tea: 3.30pm</u></b></p> <ul style="list-style-type: none"> <li>-Melted cheese pitta breads</li> <li>-Cucumber slices</li> </ul> <ul style="list-style-type: none"> <li>-Natural yoghurt</li> </ul>	<p><b><u>High Tea: 3.30pm</u></b></p> <ul style="list-style-type: none"> <li>-Baked beans</li> <li>-Buttered toasted soldiers</li> </ul> <ul style="list-style-type: none"> <li>-Grapes</li> </ul>	<p><b><u>High Tea: 3.30pm</u></b></p> <ul style="list-style-type: none"> <li>-Rice cakes</li> <li>-Cheese spread</li> <li>-Thin pepper sticks</li> </ul> <ul style="list-style-type: none"> <li>-Carrot and orange cup cake</li> </ul>

**Morning snack** is available from **9.30am**. 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