

ACE Day Nursery Vegetarian Food Menu

Week 3: 3rd September – 21st December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Bean and lentil stew -Dumplings -Broccoli cheese <ul style="list-style-type: none"> -Strawberries -Fromage frais 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Macaroni cheese with quorn bacon -Peas and carrots <ul style="list-style-type: none"> -Plum crumble -Custard 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Quorn chilli -Jacket potato -Baby corn <ul style="list-style-type: none"> -Winter fruit cobbler 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Chickpea and spinach curry -Mushroom rice -Mini poppadoms <ul style="list-style-type: none"> -Fruit salad 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Fishless fingers -Sweet mashed potato -French ratatouille <ul style="list-style-type: none"> -French chocolate and banana crepes (made by the children)
<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Scrambled eggs -Toast -Tomato slices <ul style="list-style-type: none"> -Small fruit yoghurt 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Tomato and lentil soup -Bread roll <ul style="list-style-type: none"> -Melon 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Houmous crumpets -Thin pepper sticks -Carrot ribbons <ul style="list-style-type: none"> -Apple and cinnamon loaf (made by the children) 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Warm cheesy bean pasta <ul style="list-style-type: none"> -Kiwi 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Crackerbread -Cream cheese -Cucumber slices <ul style="list-style-type: none"> -Fruit flapjack

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.