

ACE Day Nursery Vegetarian Food Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Lentil and cauliflower curry -Wholemeal rice -Naan bread -Natural yoghurt -Fruit 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Quorn toad in the hole -Root vegetables -Boiled potatoes -Gravy -Avocado cacao mousse 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Lahmacun - Turkish Pizza -Fruity chickpea couscous -Roasted aubergines -Pears and custard 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Tomato and lentil soup with grated cheese -Baguette -Broccoli -Apple and blackberry crumble -Ice cream 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Egg pasta bake with tomato and vegetable sauce -Cucumber slices -Blueberry rice pudding
<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Grated cheese -Croissants -Tomato slices -Melon 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Scrambled egg -Bread and butter -Cucumber slices -Apple 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Falafels -Houmous -Thin pepper sticks -Banana and carrot cake 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Pizza pitta bread Made by the children with Sharon -Tzatziki dip -Satsuma 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Potato wedges -Houmous -Cucumber slices -Banana

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.