

ACE Day Nursery Vegetarian Food Menu

Week 3: 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"> -Falafels in a tomato sauce -Pasta twists -Peas and sweetcorn <ul style="list-style-type: none"> -Semolina -Blueberries 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Dutch oven potatoes and pinto bean stew -Crusty bread <ul style="list-style-type: none"> -Dutch apple pie 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Cheese, leek and quorn pie -Couscous -Broccoli and carrots <ul style="list-style-type: none"> -Selection of fruit Made by the children 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Sausage and bean casserole -Boiled potatoes -Baby corn <ul style="list-style-type: none"> -Plain yoghurt -Fruit purée 	<p><u>Lunch: 12pm-12.40pm</u></p> <ul style="list-style-type: none"> -Chinese chow mein -Noodles <ul style="list-style-type: none"> -Vanilla rice pudding -Raspberries
<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Quorn ham -Crackers -Gherkins <ul style="list-style-type: none"> -Pineapple rings 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Dutch edam cheese -Dutch crisp bakes -Pear slices <ul style="list-style-type: none"> -Dutch ginger squares 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Scrambled egg -Bread roll -Tomato slices <ul style="list-style-type: none"> -Small yoghurt 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Houmous & red pepper whirls -Cucumber slices <ul style="list-style-type: none"> -Fruity flap jack Made by the children 	<p><u>High Tea: 4.20pm-4.50pm</u></p> <ul style="list-style-type: none"> -Cheese on toast -Tomato slices <ul style="list-style-type: none"> -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 raw sugar to any of our dishes; maple syrup or honey is sometimes added.