

ACE Day Nursery Vegetarian Food Menu

Week 1: Monday 5th February – Friday 3rd May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Lunch: 12pm</u> Green lentil bolognese, wholemeal spaghetti and carrots Greek yoghurt and raspberry puree	<u>Lunch: 12pm</u> Cheese and pea risotto with mixed beans Rhubarb and ginger crumble	<u>Lunch: 12pm</u> Asparagus and cheese flan with new potatoes, peppers and sweetcorn Semolina and banana	<u>Lunch: 12pm</u> Vegetable and chickpea ratatouille with couscous and broccoli Apricot bread and butter pudding	 Vegetable lentil dhansak with brown rice and naan bread Seasonal fruit salad
<u>High Tea: 4.00pm</u> Baked beans on toast with cucumber Banana	<u>High Tea: 4.00pm</u> Cream cheese muffins with beetroot Pineapple	<u>High Tea: 4.00pm</u> Egg and cress sandwiches with pepper Blood orange	<u>High Tea: 4.00pm</u> Cheese and spring onion toasties with tomatoes Apple	<u>High Tea: 4.00pm</u> Mashed avocado and houmous with pitta bread Yoghurt

Starchy foods

Fruit and vegetables

Protein foods

Morning snack is available from **9.15am – 10am** and **afternoon snack** is available from **2pm – 2.30pm**. The children have a choice of fresh fruit and vegetables along with a selection of crackers and breads. Dried fruit isn't part of our snack menu as it can contribute to tooth decay when eaten alone. A protein food item is included as part of our snack menu twice a week.

Children have access to **drinking water** throughout the day and staff encourage them to help themselves. We provide only water and milk to drink, as they do not damage teeth or increase children's risk of dental decay.

Sharon, our cook, will adapt the menu for children with **specific dietary requirements**. We do **not add refined sugar** to any of our dishes.