

ACE Day Nursery Vegetarian Food Menu

Week 2: Monday 5th February – Friday 3rd May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Lunch: 12pm</u> Macaroni cheese with broccoli Yoghurt and passion fruit	<u>Lunch: 12pm</u> Bean and vegetable pie with roasted potatoes and spring greens Seasonal fruit salad	<u>Lunch: 12pm</u> Lentil and vegetable moussaka with a tomato salad Coconut rice pudding with raspberries	<u>Lunch: 12pm</u> Cheese pizza on a tomato and chickpea base with mixed vegetable salad and sweet potato wedges Banana and ice cream	<u>Lunch: 12pm</u> Lentil cottage pie (swede carrot mash top) with cauliflower cheese Rhubarb and custard
<u>High Tea: 4.00pm</u> Veggie houmous wraps Pear	<u>High Tea: 4.00pm</u> Cheese and cucumber sandwiches Apple	<u>High Tea: 4.00pm</u> Cream cheese and bean pasta with grated carrot Pineapple	<u>High Tea: 4.00pm</u> Crumpets with houmous and gherkins Orange	<u>High Tea: 4.00pm</u> Egg bagels with tomato Red grapes

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.