

ACE Day Nursery Vegetarian Food Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Lunch: 12pm</u> Egg and spinach curry with wholemeal rice and naan bread Semolina with apple puree	<u>Lunch: 12pm</u> Cheese bean burger with homemade oven chips and minted peas Banana and yoghurt	<u>Lunch: 12pm</u> Creamy tofu leek hot pot with red cabbage Warm mixed berries	<u>Lunch: 12pm</u> Spinach and chickpea lasagne with carrots and sweetcorn Apple crumble	<u>Lunch: 12pm</u> Bean and tomato pasta with broccoli Poached pear and custard
<u>High Tea: 4.00pm</u> Chickpea tomato pasta Pear	<u>High Tea: 4.00pm</u> Pitta bread with cream cheese and tomato Melon	<u>High Tea: 4.00pm</u> Cheese and spring onion scones with peppers Satsuma	<u>High Tea: 4.00pm</u> Bean whirls with cucumber Greek style yoghurt	<u>High Tea: 4.00pm</u> Potato wedges with houmous and cucumber Apple

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.