

# ACE Day Nursery Vegetarian Food Menu

Week 1: 4<sup>th</sup> January – 8<sup>th</sup> April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch: 12pm</u></p> <p>Chick pea, spinach and mushroom curry served with couscous and naan bread</p> <p>Fruity coconut delight</p>	<p><u>Lunch: 12pm</u></p> <p>Asparagus and cheese tart served with boiled potatoes, peas and sweetcorn</p> <p>Banana custard</p>	<p><u>Lunch: 12pm</u></p> <p>Vegetable and bean lasagne served with garlic bread and soft carrot sticks</p> <p>Fruit salad Made by the children</p>	<p><u>Lunch: 12pm</u></p> <p>Lentil and vegetable cottage pie served with green beans</p> <p>Bread and butter pudding with pear and ginger</p>	<p><u>Lunch: 12pm</u></p> <p>Falafels in a tomato and roasted pepper sauce served with pasta and broccoli</p> <p>Raspberry semolina</p>
<p><u>High Tea: 4.00pm</u></p> <p>Crumpets and cream cheese served with avocado</p> <p>Pineapple</p>	<p><u>High Tea: 4.00pm</u></p> <p>Wholemeal cheese pitta bread with beetroot dip and peppers</p> <p>Satsuma</p>	<p><u>High Tea: 4.00pm</u></p> <p>Quorn sausage rolls with tomato dip and cucumber</p> <p>Melon</p>	<p><u>High Tea: 4.00pm</u></p> <p>Scrambled eggs and toast served with peppers</p> <p>Apple</p>	<p><u>High Tea: 4.00pm</u></p> <p>Houmous sandwiches served with tomato and cucumber Made by the children</p> <p>Banana</p>

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 will be included as part of our snack menu twice a week.

Children have access to **fresh drinking water** throughout the day and staff encourage them to help themselves. We provide only fresh tap 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.