

# ACE Day Nursery Vegetarian Food Menu

Week 2: 4<sup>th</sup> January – 8<sup>th</sup> April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch: 12pm</u></p> <p>Vegetable and egg Singapore noodles served with baby corn</p> <p>Natural yoghurt with mixed berry fruits</p>	<p><u>Lunch: 12pm</u></p> <p>Spring vegetable and bean hot pot served with broccoli</p> <p>Apple crumble Made by the children</p>	<p><u>Lunch: 12pm</u></p> <p>Lentil and apple ragu served with couscous and mixed vegetables</p> <p>Semolina with oranges</p>	<p><u>Lunch: 12pm</u></p> <p>Jacket potato with grated cheese served with carrots and cannellini beans in a tomato sauce</p> <p>Rhubarb and custard</p>	<p><u>Lunch: 12pm</u></p> <p>Quorn and mushroom curry served with wholemeal rice and naan bread</p> <p>Fruit salad</p>
<p><u>High Tea: 4.00pm</u></p> <p>Houmous wraps with cucumber</p> <p>Satsuma</p>	<p><u>High Tea: 4.00pm</u></p> <p>Cheese and grated carrot sandwiches</p> <p>Banana</p>	<p><u>High Tea: 4.00pm</u></p> <p>Vegetable and chickpea samosas served with tomatoes</p> <p>Yoghurt</p>	<p><u>High Tea: 4.00pm</u></p> <p>Red pesto and red vegetable pasta, topped with cheese</p> <p>Melon</p>	<p><u>High Tea: 4.00pm</u></p> <p>Vegetable and bean pizza</p> <p>Kiwi</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.