

ACE Day Nursery Vegetarian Food Menu

Week 3: 4th January – 8th April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch: 12pm</u></p> <p>Bean and vegetable pasta bake served with tomato and cucumber</p> <p>Lemon semolina served with orange</p>	<p><u>Lunch: 12pm</u></p> <p>Jacket potato with chilli served with broccoli</p> <p>Rhubarb fool</p>	<p><u>Lunch: 12pm</u></p> <p>Bean burgers and potato wedges served with ratatouille</p> <p>Rice pudding with kiwi</p>	<p><u>Lunch: 12pm</u></p> <p>Vegetable and red lentil dhansak served with wholemeal rice</p> <p>Natural yoghurt with pineapple</p>	<p><u>Lunch: 12pm</u></p> <p>Sweet and sour tofu noodles served with baby corn</p> <p>Banana spring rolls</p>
<p><u>High Tea: 4.00pm</u></p> <p>Feta cheese and pepper dip served with wholemeal pitta bread and soft carrots</p> <p>Bananas</p>	<p><u>High Tea: 4.00pm</u></p> <p>Sweetcorn and quorn pancakes served with cucumber</p> <p>Melon</p>	<p><u>High Tea: 4.00pm</u></p> <p>Crumpets and houmous served with tomato Made by the children</p> <p>Pineapple</p>	<p><u>High Tea: 4.00pm</u></p> <p>Cheese and onion scones served with peppers</p> <p>Pear</p>	<p><u>High Tea: 4.00pm</u></p> <p>Mixed bean pasta</p> <p>Blueberry oat bars</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.