

# ACE Day Nursery Vegetarian Food Menu

Week 1: Monday 4<sup>th</sup> May 2026 - Monday 17<sup>th</sup> August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Lunch: 12pm</u></b></p> <p>Vegetable and bean pasta bake with carrot and broccoli</p> <p>Greek yoghurt with blueberry puree</p>	<p><b><u>Lunch: 12pm</u></b></p> <p>Jacket potato with grated cheese, rainbow coleslaw, tomato and cucumber salad</p> <p>Summer fruit pudding</p>	<p><b><u>Lunch: 12pm</u></b></p> <p>Spinach and bean curry with brown rice and naan bread</p> <p>Fruit salad</p>	<p><b><u>Lunch: 12pm</u></b></p> <p>Crustless cheese and courgette flan with new minted potatoes, peas and sweetcorn</p> <p>Semolina with cherries</p>	<p><b><u>Lunch: 12pm</u></b></p> <p>Chickpea and fennel lasagne with mixed vegetables</p> <p>Banana custard</p>
<p><b><u>High Tea: 4.00pm</u></b></p> <p>Cheese and cucumber filled croissants</p> <p>Banana</p>	<p><b><u>High Tea: 4.00pm</u></b></p> <p>Couscous, bean and broccoli salad</p> <p>Pineapple sticks</p>	<p><b><u>High Tea: 4.00pm</u></b></p> <p>Crackers with cream cheese, red pepper and cucumber sticks</p> <p>Banana bread</p>	<p><b><u>High Tea: 4.00pm</u></b></p> <p>Selection of sandwiches with sliced tomatoes</p> <p>Watermelon</p>	<p><b><u>High Tea: 4.00pm</u></b></p> <p>Egg mayonnaise with soft pitta bread and beetroot</p> <p>Fruit platter</p>

Each meal contains: starchy foods, fruit/vegetables and protein foods

A **morning snack** is available from **9.15am – 10am** and an **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.