

ACE Day Nursery Vegetarian Food Menu

Week 2: Monday 4th May 2026 - Monday 17th August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch: 12pm</u></p> <p>Green lentil and mushroom bolognese with wholemeal spaghetti</p> <p>Summer fruit salad</p>	<p><u>Lunch: 12pm</u></p> <p>Summer vegetable and bean ratatouille with minted couscous, sweetcorn and red peppers</p> <p>Rice pudding with passion fruit</p>	<p><u>Lunch: 12pm</u></p> <p>Jacket potatoes with grated cheese, carrots and homemade baked beans</p> <p>Blueberry and lemon oat crumble</p>	<p><u>Lunch: 12pm</u></p> <p>Spinach and cheese crustless flan with potato salad, broccoli and carrots</p> <p>Homemade frozen pineapple yoghurt</p>	<p><u>Lunch: 12pm</u></p> <p>Mild vegetable curry with wholemeal rice and naan bread</p> <p>Natural yoghurt with summer fruit puree</p>
<p><u>High Tea: 4.00pm</u></p> <p>Cheese and cucumber wraps</p> <p>Apple slices</p>	<p><u>High Tea: 4.00pm</u></p> <p>Cheese and spinach scones</p> <p>Watermelon</p>	<p><u>High Tea: 4.00pm</u></p> <p>Summer pea and mint pasta</p> <p>Grapes</p>	<p><u>High Tea: 4.00pm</u></p> <p>Courgette and cheese muffins with sliced tomatoes</p> <p>Raspberry flap jack</p>	<p><u>High Tea: 4.00pm</u></p> <p>Crumpets with hummus and cucumber sticks</p> <p>Sliced fresh peaches</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.