

# ACE Day Nursery Vegetarian Food Menu

Week 3: 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>Mild bean and vegetable chilli with brown rice</p> <p>Semolina with gooseberries</p>	<p><b><u>Lunch: 12pm</u></b></p> <p>Summer vegetable casserole with minted baby potatoes and broccoli</p> <p>Lemon flan</p>	<p><b><u>Lunch: 12pm</u></b></p> <p>Lentil and cheese bake with mixed vegetables</p> <p>Raspberry and vanilla bread and butter pudding</p>	<p><b><u>Lunch: 12pm</u></b></p> <p>Jacket sweet potatoes with vegetable and bean ratatouille, grated cheese and chives</p> <p>Strawberry yoghurt with baked oats</p>	<p><b><u>Lunch: 12pm</u></b></p> <p>Mild green lentil and carrot curry with couscous and naan bread</p> <p>Tropical fruit salad</p>
<p><b><u>High Tea: 4.00pm</u></b></p> <p>Crumpets with hummus and beetroot</p> <p>Satsuma</p>	<p><b><u>High Tea: 4.00pm</u></b></p> <p>Baguette with egg mayonnaise and sliced tomatoes</p> <p>Homemade flap jack</p>	<p><b><u>High Tea: 4.00pm</u></b></p> <p>Marmite whirls with cucumber and pepper sticks</p> <p>Melon medley</p>	<p><b><u>High Tea: 4.00pm</u></b></p> <p>English muffin with cheese and tomato topping</p> <p>Banana</p>	<p><b><u>High Tea: 4.00pm</u></b></p> <p>Homemade baked potato wedges, vegetable crudites with cheese and chive dip</p> <p>Fruit selection</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.