

ACE Day Nursery Food Menu - Week 2 - Autumn/Winter 2014/2015

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Lunch - 12pm-12.40pm</u> Tomato and red lentil soup with cheese pittas and broccoli Plum and ginger oat crumble	<u>Lunch - 12pm-12.40pm</u> Butternut squash and goats cheese lasagne Pepper slices (Recipe from Alfie's Mum) Raspberry semolina pudding	<u>Lunch - 12pm-12.40pm</u> Barley chickpea vegetable ragout with mashed potato Fruit sponge and pink custard	<u>Lunch - 12pm-12.40pm</u> Pasta with tomato sauce and baguette (chosen by Lara) With quorn pieces and babycorn Creme caramel	<u>Lunch - 12pm-12.40pm</u> Quorn mince pie with roasted potatoes and curly kale Green fruit salad (Prepared by the children) Greek yoghurt
<u>High Tea - 4.30pm-5.00pm</u> Oat cakes with hummous Vegetable slices Yogurt and pear	<u>High Tea - 4.30pm-5.00pm</u> Zucchini bread (Canadian) Cheese slices Grapes and yoghurt	<u>High Tea - 4.30pm-5.00pm</u> Scrambled egg Toast Satsuma	<u>High Tea - 4.30pm-5.00pm</u> Baked beans Bread and butter Melon and ice cream	<u>High Tea - 4.30pm-5.00pm</u> Marmite crumpets Baby bel and tomato slices Banana

Morning snack is free flow from **9.30am - 10.15am** - choice of fresh fruit and vegetables with cracker, either a rice cake, oat cake or crackerbread.

Afternoon Snack is free flow from **2.15pm - 3.00pm** - choice of fresh fruit and vegetables with cracker, either a rice cake, oat cake or crackerbread.

Sharon our cook will adapt the menu for children with dietary requirements and individual meals when required will be freshly made. Please speak to your key person for details of the individual menus.

