

ACE Day Nursery Vegetarian Food Menu

Week 3: Monday 6th May – Friday 16th August

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch: 12pm</u></p> <p>Soya bean and vegetable stir fry with noodles</p> <p>Semolina with apricot puree</p>	<p><u>Lunch: 12pm</u></p> <p>Jacket potato, grated cheese and Florida coleslaw</p> <p>Cherry pie</p>	<p><u>Lunch: 12pm</u></p> <p>Bean and vegetable mild curry, mushroom rice</p> <p>Greek yoghurt</p>	<p><u>Lunch: 12pm</u></p> <p>Hidden vegetable pasta bake, baby corn</p> <p>Summer pudding</p>	<p><u>Lunch: 12pm</u></p> <p>Bean and aubergine in tomato sauce, couscous, broccoli</p> <p>Sunshine fruit salad</p>
<p><u>High Tea: 4.15pm</u></p> <p>Selection of wholemeal sandwiches, tomato slices</p> <p>Melon</p>	<p><u>High Tea: 4.15pm</u></p> <p>Potato and lentil cake, tomato relish</p> <p>Bananas</p>	<p><u>High Tea: 4.15pm</u></p> <p>Cheese straws, houmous</p> <p>Apples</p>	<p><u>High Tea: 4.15pm</u></p> <p>Mashed avocado on ciabatta, peppers</p> <p>Green grapes</p>	<p><u>High Tea: 4.15pm</u></p> <p>Boiled eggs or cheese slices, wholemeal bread and butter, cucumber sticks</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.