



ROMPERS PRIVATE NURSERY

MENU

Summer 2021



Week 1	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Fresh Fruit or Vegetables Multigrain Crackers with a Selection of Spreads	Fish Cakes, Potato Wedges, Baked Beans and Garden Peas Natural Yoghurt with Strawberries Fresh Fruit	Fresh Fruit or Vegetables Raisin Flapjacks
TUES	Fresh Fruit or Vegetables Choice of Cereals	Basket Lunch – Crusty Bread, Cheese, Sausage Roll, Chipolata Sausages, Carrot, Cucumber, Pepper Sticks, Cherry Tomatoes, Cheese Twists Frozen Fromage Frais Fresh Fruit	Fresh Fruit or Vegetables Plain Scones
WED	Fresh Fruit or Vegetables Poppy Seed Crackers	Chicken Korma Curry with Wholegrain Rice and Broccoli Ice Cream and Berry Coulis Fresh Fruit	Fresh Fruit or Vegetables Turkey Sandwiches
THUR	Fresh Fruit or Vegetables Toasted Muffins	Spaghetti Bolognese with Carrots Peach and Raspberry Crumble and Cream Fresh Fruit	Fresh Fruit or Vegetables Breadsticks, Cheese and Pineapple
FRI	Fresh Fruit or Vegetables Ritz Crackers with a Choice of Toppings	Vegetable Soup with a Bread Roll Butterscotch Whip with Fruit Salad Fresh Fruit	Fresh Fruit or Vegetables Cranberry Rock Cakes

This menu has been designed inline with NHS 'Setting the Table' guidance and Care Inspectorate 'Food Matters' document.

At snack times milk and water are offered and during lunch the children are offered fresh fruit juice & water.

Please understand that from time to time there may be small changes to the menus.

Parents must note that some of these dishes may not be suitable for dietary requirements, parents are welcome to discuss this further with a member of staff or management. Baby alternatives can be made when required.

Children under the age of 12 months will not be given honey, tinned tuna, egg whites, cows milk, shell fish or strawberries.

Low salt and sugar options/products are always used when selecting and preparing snack and meals.