



ROMPERS PRIVATE NURSERY

MENU

Spring 2024



Week 2	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Toasted Teacakes & Choice of Spreads Fresh fruit or vegetables	Thai Massaman Chicken Noodles with Broccoli Apple Crumble & Cream Fresh fruit	Children's Homemade Sandwiches Cheese or Ham Fresh fruit or vegetables
TUES	Apple Flapjack Fresh fruit or vegetables	Lentil, Tomato and Basil Soup with Crusty Bread Natural Yogurt with sliced Strawberries Fresh fruit	Vanilla Cupcakes Fresh fruit or vegetables
WED	Choice of Cereal with Milk Fresh fruit or vegetables	Chicken in Chorizo & Tomato Sauce with Cous Cous & Sweetcorn Strawberry Cheesecake Fresh fruit	Rice Cakes, Cream Cheese & Cherry Tomatoes & Cucumber
THURS	Wholemeal Toast with Butter and sliced Cheddar Cheese Fresh fruit or vegetables	Mild Beef Chili, Rice with Carrots & Peas Natural Yogurt with Mandarins Fresh fruit	Shortbread Squares Fresh Fruit or Vegetables
FRI	Wholegrain Crackers with Butter and sliced Ham Fresh fruit or vegetables	Mince & Potatoes with Mixed Veg Blueberry Sponge Fresh fruit	Oaty Biscuits Fresh fruit or vegetables

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

At snack and mealtimes milk and water are offered.

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.