



ROMPERS PRIVATE NURSERY

MENU

Summer 2020



Week 3	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Fresh Fruit or Vegetables Oatcakes	Basket lunch; ham sandwiches, sausage rolls, cheese, pepper, cucumber & carrot sticks, cherry tomatoes & breadsticks. Raspberry Ripple Mousse.	Fresh Fruit or Vegetables Homemade Raisin Flapjack.
TUES	Fresh Fruit or Vegetables Multigrain crackers	Mild beef chilli, wholegrain rice and garden peas. Strawberry fruit salad	Fresh Fruit or Vegetables Pitta bread with humous & vegetable fingers.
WED	Fresh Fruit or Vegetables Wholemeal Toast	Homemade chicken goujons, corn on the cob, garlic bread and broccoli. Natural yoghurt & summer berry coulis.	Fresh Fruit or Vegetables Homemade Cheese Scones.
THUR	Fresh Fruit or Vegetables Choice of cereals	Fish fingers, oven chips, baked beans and mixed vegetables. Ice Cream & Fruit Salad.	Fresh Fruit or Vegetables Scotch Pancakes.
FRI	Fresh Fruit or Vegetables Ritz Crackers	Chicken broth soup and crusty bread with cheese. Fresh Fruit.	Fresh Fruit or Vegetables Homemade Gingersnap Biscuits.

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

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.