



ROMPERS PRIVATE NURSERY

MENU

Summer 2020



Week 2	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Fresh Fruit or Vegetables with Breadsticks & Cheese	Homemade Tomato Soup & ham rolls Fresh Fruit	Fresh Fruit or Vegetables Homemade raspberry & coconut buns
TUES	Fresh Fruit or Vegetables with Rice Cakes	Macaroni and Cheese, Potatoes and Carrots Natural yoghurt & strawberry coulis.	Fresh Fruit or Vegetables Crusty bread with butter
WED	Fresh Fruit or Vegetables Multigrain Crackers	Basket lunch; turkey wraps, cocktail sausages, cheddar cheese, carrot cucumber & pepper sticks, chive & onion twists & cherry tomatoes. Melon Boat.	Fresh Fruit or Vegetables Homemade Oaty Cookies
THUR	Fresh Fruit or Vegetables with Oatcakes	Sweet and Sour Sausages, Wholegrain Rice and Mixed Vegetables. Ice cream & jelly.	Fresh Fruit or Vegetables Ham sandwiches
FRI	Fresh Fruit or Vegetables choice of cereals	Meatballs with pasta in a tomato & basil sauce and broccoli. Butterscotch whip pears.	Fresh Fruit or Vegetables Plain Bagels

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.