



# ROMPERS PRIVATE NURSERY



## MENU

Spring 2021

<b>Week 1</b>	<b>Morning Snack</b>	<b>Lunch and Pudding</b>	<b>Afternoon Snack</b>
<b>MON</b>	Fresh Fruit or Vegetables Poppy Seed Crackers and a Selection of Spreads	Sausage Casserole with Potatoes and Carrots Custard and Fruit Salad Fresh Fruit	Fresh Fruit or Vegetables Fruit and Cinnamon Bagel
<b>TUES</b>	Fresh Fruit or Vegetables Choice of Cereals	Chicken and Vegetable Soup with a Chicken Roll Mixed Berry Crumble Fresh Fruit	Fresh Fruit or Vegetables Plain Scones
<b>WED</b>	Fresh Fruit or Vegetables Wholemeal Toast and a Selection of Spreads	Pasta Bolognese with Broccoli Ice Cream and Raspberry Coulis Fresh Fruit	Fresh Fruit or Vegetables Cranberry Cookies
<b>THUR</b>	Fresh Fruit or Vegetables Ritz Crackers and a Selection of Spreads	Tomato Soup with Crusty Bread Fromage Frais Fresh Fruit	Fresh Fruit or Vegetables Raspberry and Coconut Sponge Fingers
<b>FRI</b>	Fresh Fruit or Vegetables Oatcakes and Cheddar Cheese	Mince, Potatoes and Mixed Vegetables Jelly with Madeirans Fresh Fruit	Fresh Fruit or Vegetables Ham Sandwiches

**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.**