



ROMPERS PRIVATE NURSERY

MENU

Autumn 2020



Week 4	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Breadsticks and Cheese Fresh Fruit and Veg	Chicken in Tomato Sauce & Wholegrain Rice with Mixed vegetables Natural Yogurt & Fruit Fresh Fruit	Oatmeal Cookies Fresh Fruit and Veg
TUES	Oatcakes Fresh Fruit and Veg	Homemade Sweet Potato Soup with Cheese Rolls Custard and Fruit Fresh Fruit	Rice Crispy and Mallow Cakes Fresh Fruit and Veg
WED	Ritz Crackers Fresh Fruit and Veg	Mince, Potatoes and Peas Raspberry Cheesecake with Fruit Fresh Fruit	Cocktail Sausages with Cheese and Veg Fingers Fresh Fruit and Veg
THUR	Wholemeal Toast Fresh Fruit and Veg	Homemade Tomato and Basil Soup with Turkey Wraps Fromage Frais Pot & Fresh Fruit	Banana Cake Fresh Fruit and Veg
FRI	Choice of Cereals Fresh Fruit and Veg	Fish Fingers, Potatoes With Carrots & Peas Custard and Pears Fresh Fruit	Ham Sandwiches Fresh Fruit and Veg

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.