



ROMPERS PRIVATE NURSERY

MENU

Autumn 2020



Week 1	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Poppy Seed Crackers with Cream Cheese Fresh Fruit and Veg	Homemade Butternut Squash Soup with Chicken Rolls Fromage Frais Pot Fresh Fruit	Orange Crisp Biscuits Fresh Fruit and Veg
TUES	Wholemeal Toast Fresh Fruit and Veg	Sausage Casserole, Potatoes with Mixed Veg Pear Crumble and Cream Fresh Fruit	Breadsticks, Cheese and Pineapple Fresh Fruit and Veg
WED	Oatcakes with Butter Fresh Fruit and Veg	Homemade Chicken and Broth Soup with Crusty Bread Rice Pudding & Raspberry Coulis Fresh Fruit	Ginger Muffins Fresh Fruit and Veg
THUR	Choice of Cereal Fresh Fruit and Veg	Turkey Mince Bolognese with Peas Custard and Fruit Fresh Fruit	Cheese and Ham Wraps with Vegetable Fingers Fresh Fruit and Veg
FRI	Multigrain Crackers Fresh Fruit and Veg	Chicken Korma and Wholegrain Rice with Broccoli Ice Cream and Fruit Coulis Fresh Fruit	Cranberry Flapjack 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.