



# ROMPERS PRIVATE NURSERY

## MENU

Autumn 2020



<b>Week 2</b>	<b>Morning Snack</b>	<b>Lunch and Pudding</b>	<b>Afternoon Snack</b>
<b>MON</b>	Wholemeal Toast Fresh Fruit and Veg	Fish Cakes, Potatoes and Baked Beans & Broccoli Custard and Pineapple Fresh Fruit	Cheese Twists, Ham and Cucumber Fresh Fruit and Veg
<b>TUES</b>	Ritz Crackers Fresh Fruit and Veg	Homemade Lentil Soup with Sausages on a Roll Fromage Frais Pot & Fresh Fruit	Plain Scones Fresh Fruit and Veg
<b>WED</b>	Choice of Cereal Fresh Fruit and Veg	Chicken Tikka Pasta Baked with Mixed Veg Ice Cream and jelly Fresh Fruit	Cheese Sandwiches Fresh Fruit and Veg
<b>THUR</b>	Breadsticks and Cheese Fresh Fruit and Veg	Homemade Potato and Leek Soup, Bread Rolls Raspberry Sponge and Custard Fresh Fruit	Cinnamon Oaty Cookies Fresh Fruit and Veg
<b>FRI</b>	Toasted Bagels Fresh Fruit and Veg	Chicken Casserole, Potatoes and Sweetcorn Natural Yoghurt and Fruit Fresh Fruit	Rock Buns 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.**