



# ROMPERS PRIVATE NURSERY

## MENU

Spring 2021



<b>Week 3</b>	<b>Morning Snack</b>	<b>Lunch and Pudding</b>	<b>Afternoon Snack</b>
<b>MON</b>	Fresh Fruit or Vegetables Choice of Cereal	Fish Fingers, Potatoes and Baked Beans with Mixed Vegetables Cherry Crumble and Cream Fresh Fruit	Fresh Fruit or Vegetables Ham Wrap
<b>TUES</b>	Fresh Fruit or Vegetables Oatcakes and Soft Cheese	Chicken Tikka Pasta Bake with Broccoli Jelly and Strawberries Fresh Fruit	Fresh Fruit or Vegetables Fairy Cakes
<b>WED</b>	Fresh Fruit or Vegetables Toasted Bagels	Turkey Mince, Potatoes, Sweetcorn and Peas Ice Cream with Bananas Fresh Fruit	Fresh Fruit or Vegetables Oat and Apricot Cookies
<b>THUR</b>	Fresh Fruit or Vegetables Poppy Seed Crackers and a Selection of Spreads	Vegetable Soup with a Bread Roll Syrup Sponge and Custard Fresh Fruit	Fresh Fruit or Vegetables Pancakes
<b>FRI</b>	Fresh Fruit or Vegetables Wholemeal Toast and a Selection of Spreads	Sweet and Sour Sausages with Wholemeal Rice and Cauliflower Natural Yoghurt with Fruit Cocktail Fresh Fruit	Fresh Fruit or Vegetables Breadsticks, Cheese and Pineapple

**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.**