



ROMPERS PRIVATE NURSERY

MENU

Autumn 2020



Week 3	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Choice of Cereal Fresh Fruit and Veg	Homemade Vegetable Soup with Crusty Bread Chocolate Sponge & Cream Fresh Fruit	Fairy Cakes Fresh Fruit and Veg
TUES	Multigrain Crackers Fresh Fruit and Veg	Turkey Mince Pasta with Carrots Natural Yogurt & Fruit Fresh Fruit	Chicken Wrap Fresh Fruit and Veg
WED	Wholemeal Toast Fresh Fruit and Veg	Chicken Curry with Wholemeal Rice and Mixed Veg Banoffee Pie Fresh Banana	Raisin Cookies Fresh Fruit and Veg
THUR	Toasted Bagels Fresh Fruit and Veg	Sausage, Potatoes and Gravy with Corn on the Cob Apple Crumble with Cream Fresh Fruit	Crusty Bread Fresh Fruit and Veg
FRI	Poppy Seed Crackers Fresh Fruit and Veg	Homemade Carrot and Coriander Soup with Ham Sandwiches Fromage Frais Pot & Fresh Fruit	Shortbread 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.