



# ROMPERS PRIVATE NURSERY

## MENU

Summer 2020



Week 4	Morning Snack	Lunch and Pudding	Afternoon Snack
<b>MON</b>	Fresh Fruit or Vegetables Wholemeal Toast	Sausage Pasta with peas and carrots. Fresh strawberry & melon salad.	Fresh Fruit or Vegetables Breadsticks Cheese & Pineapple.
<b>TUES</b>	Fresh Fruit or Vegetables Choice of cereals.	Homemade chicken & sweetcorn soup & ham rolls. Fresh Fruit.	Fresh Fruit or Vegetables Homemade Blueberry Sponge Squares.
<b>WED</b>	Fresh Fruit or Vegetables Oatcakes.	Homemade cheese & tomato pizza, corn on the cob, garlic bread and cauliflower. Natural Yoghurt and Banana.	Fresh Fruit or Vegetables Chicken Wraps.
<b>THUR</b>	Fresh Fruit or Vegetables Ritz Crackers.	Homemade chicken nuggets, potatoes, baked beans with mixed vegetables Jelly, Fruit & Cream.	Fresh Fruit or Vegetables Homemade Banana Muffins.
<b>FRI</b>	Fresh Fruit or Vegetables Multigrain Crackers.	Basket lunch; turkey sandwiches, cocktail sausages, cheese, cherry tomatoes, cucumber, carrot & pepper sticks & cheese twists. Yoghurt & Raspberry Coulis.	Fresh Fruit or Vegetables Homemade Golden Crispie Traybake.

**This menu has been designed inline with NHS 'Setting the Table' guidance and Care Inspectorate good practice guide 'Food Matters'.**

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.**