



# ROMPERS PRIVATE NURSERY

## MENU

Summer 2020



Week 1	Morning Snack	Lunch and Pudding	Afternoon Snack
<b>MON</b>	Fresh Fruit or Vegetables Rice Cakes & Cream Cheese	Sausage rolls, oven chips, baked beans and broccoli Natural Yoghurt & Fruit Salad	Fresh Fruit or Vegetables Cinnamon & Fruit Bagels
<b>TUES</b>	Fresh Fruit or Vegetables Wholemeal Toast	Basket Lunch; Butter sandwiches, sliced ham, cocktail sausages, cheddar cheese, breadsticks, red pepper, cucumber, carrot sticks & cherry tomatoes. Raspberry ripple mousse.	Fresh Fruit or Vegetables Ham Sandwich
<b>WED</b>	Fresh Fruit or Vegetables choice of cereals	Savoury minced beef, macaroni bake with garden peas Mixed Berry Cheesecake.	Fresh Fruit or Vegetables Scotch Pancakes
<b>THUR</b>	Fresh Fruit or Vegetables Poppy seed Crackers	Homemade Lentil Soup & cheddar cheese rolls Fresh Fruit	Fresh Fruit or Vegetables Homemade Shortbread rounds
<b>FRI</b>	Fresh Fruit or Vegetables Wholemeal Toast	Chicken Tikka with Wholemeal rice and cauliflower. Ice Cream & Fruit Coulis	Fresh Fruit or Vegetables Fairy Cakes

**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.**