



# ROMPERS PRIVATE NURSERY

## MENU

Spring 2021



<b>Week 2</b>	<b>Morning Snack</b>	<b>Lunch and Pudding</b>	<b>Afternoon Snack</b>
<b>MON</b>	Fresh Fruit or Vegetables Wholemeal Toast and a Selection of Spreads	Chicken with Pasta in a Tomato and Basil Sauce Served with Mixed Vegetables Natural Yoghurt with Pears Fresh Fruit	Fresh Fruit or Vegetables Custard Cream Biscuits
<b>TUES</b>	Fresh Fruit or Vegetables Multigrain Crackers and Butter	Sausages, Potatoes and Baked Beans with Mixed Veg Banoffi Pie Fresh Fruit	Fresh Fruit or Vegetables Chicken Sandwiches
<b>WED</b>	Fresh Fruit or Vegetables Toasted Crumpets	Sweet Potato Soup with Naan Breads Mixed Berry Cheesecake Fresh Fruit	Fresh Fruit or Vegetables Viennese Swirls
<b>THUR</b>	Fresh Fruit or Vegetables Choice of Cereal	Minced Beef Curry with Wholemeal Rice and Garden Peas Raspberry Sponge Fresh Fruit	Fresh Fruit or Vegetables Cheese Twists with Humous and Veg Fingers
<b>FRI</b>	Fresh Fruit or Vegetables Rice Cakes and a Selection of Spreads	Chicken and Broth Soup with Cheese Sandwiches Fromage Frais Fresh Fruit	Fresh Fruit or Vegetables Blueberry Sponge Squares

**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.**