



ROMPERS PRIVATE NURSERY

MENU

Spring 2021



Week 4	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Fresh Fruit or Vegetables Rice Cakes	Lentil and Bacon Soup with Bread and Butter Rhubarb Crumble and Cream Fresh Fruit	Fresh Fruit or Vegetables Raspberry Muffins
TUES	Fresh Fruit or Vegetables Wholemeal Toast and a Selection of Spreads	Fish Cakes, Potatoes and Beans with Sweetcorn Sponge Cake Fresh Fruit	Fresh Fruit or Vegetables Crusty Bread and Cheese
WED	Fresh Fruit or Vegetables Cream Crackers	Chicken and Sweetcorn Soup with Sausages on a Roll Fresh Fruit	Fresh Fruit or Vegetables Rock Buns
THUR	Fresh Fruit or Vegetables Multigrain and a Selection of Spreads	Mild Chilli Pasta Bake with Mixed Vegetables Natural Yoghurt Fresh Fruit	Fresh Fruit or Vegetables Chicken Wraps with Veg Fingers
FRI	Fresh Fruit or Vegetables Choice of Cereal	Chicken Curry with Wholemeal Rice, Peas and Carrots Ice Cream with Peach Coulis Fresh Fruit	Fresh Fruit or Vegetables Shortbread Rounds

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.