



ROMPERS PRIVATE NURSERY

MENU



SUMMER 2024

Week 3 → 15th July, 12th August, 9th September

Week 3	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Wholegrain Crackers with Butter and Cream Cheese Fresh Fruit or Vegetables	Tuna and Tomato Spaghetti with Sweetcorn Strawberries, Meringue and Cream Fresh Fruit	Date Muffins Fresh Fruit or Vegetables
TUES	Wholemeal Toast with Butter Fresh Fruit or Vegetables	Basket Lunch Ham Rolls, Breadsticks, Babybel Cheese, Cherry Tomatoes and Cucumber Sticks Mini Milk Lolly/Banana	Strawberry Cupcakes Fresh Fruit or Vegetables
WED	Oatcakes and Cheese Fresh Fruit or Vegetables	Homemade Chicken Nuggets, Corn on the Cob & Cous Cous & side salad Vanilla Cheesecake Fresh Fruit	Homemade Cheese Twists Fresh Fruit or Vegetables
THURS	Choice of Cereals Fresh Fruit or Vegetables	Chicken Tikka Masala with Rice and Broccoli Natural Yoghurt with Apricot Puree Fresh Fruit	Shortbread Squares Fresh Fruit or Vegetables
FRI	Apricot Flapjacks Fresh Fruit or Vegetables	Lentil Soup with Cheese Sandwiches Apple Crumble and Cream Fresh Fruit	Pancakes with Butter Fresh Fruit or Vegetables

This menu has been designed in line with NHS 'Setting the Table' guidance and Care Inspectorate 'Food Matters' document.

At snack and mealtimes milk and water are offered.

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, cow's milk, shell fish or strawberries.

Low salt and sugar options/products are always used when selecting and preparing snack and meals.