



# ROMPERS PRIVATE NURSERY

## MENU

Autumn 2024

w/c – 7/10, 4/11, 2/12



| <b>Week 2</b> | <b>Morning Snack</b>   | <b>Lunch and Pudding</b>  | <b>Afternoon Snack</b>   |
|---------------|--|---|--|
| <b>MON</b>    | Wholegrain Crackers with Butter or Dairylea<br>Fresh Fruit and Veg | Creamy Carrot & Coriander Soup with Cheese Rolls<br>Custard & Sliced Banana<br>Fresh Fruit            | Vanilla Cupcakes<br>Fresh Fruit and Veg                                    |
| <b>TUES</b>   | Cheese Scones with butter<br>Fresh Fruit and Veg                   | Mince Potatoes with Mixed Vegetables<br>Natural Yogurt & Apricot Puree<br>Fresh Fruit                 | Custard Creams<br>Fresh Fruit and Veg                                      |
| <b>WED</b>    | Cream Crackers and sliced Cheese<br>Fresh Fruit and Veg            | Chicken in a Tomato Sauce with Cous Cous &<br>Sweetcorn<br>Lemon Cheesecake<br>Fresh Fruit            | Cheese Pin Wheels<br>Fresh Fruit and Veg                                   |
| <b>THUR</b>   | Wholemeal Toast with Butter or Cream Cheese<br>Fresh Fruit and Veg | Lentil and Tomato Soup with Ham Sandwiches<br>Vanilla Rice Pudding and Raspberry Puree<br>Fresh Fruit | Ginger Biscuits<br>Fresh Fruit and Veg                                     |
| <b>FRI</b>    | Cinnamon and Fruit Bagels with Butter<br>Fresh Fruit and Veg       | Chicken Tikka Masala with Rice & Peas<br>Coconut & Lime Cake<br>Fresh Fruit                           | Children's Homemade Sandwiches<br>Chicken or Cheese<br>Fresh Fruit and Veg |

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

At snack and meal times 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, cows milk, shell fish or strawberries.**

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