



ROMPERS PRIVATE NURSERY

MENU



Autumn 2024

w/c – 21/10, 18/11, 16/12

Week 4	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Choice of Cereals Fresh Fruit and Veg	Chicken Korma, Rice & Sweetcorn Ice Cream & Peach Puree Fresh Fruit	Chocolate Chip Oat Cookies Fresh Fruit and Veg
TUES	Wholemeal Crackers with butter or cream Cheese Fresh Fruit and Veg	Homemade Sausage Rolls, Potatoes & Mixed Veg Strawberry Cheesecake Fresh Fruit	Pancakes, Butter and Sliced Banana Fresh Fruit and Veg
WED	Fruit and Seed Oatcakes with Butter Fresh Fruit and Veg	Thai Red Curry Root Vegetable Soup with Chicken Sandwiches Natural Yogurt & Pear Puree Fresh Fruit	Anzac Biscuits Fresh Fruit and Veg
THUR	Wholemeal Toast with Butter and Banana Fresh Fruit and Veg	Beef meatballs in Marinara Sauce with Spaghetti & Peas White Chocolate Chip & Raspberry Sponge Fresh Fruit	Pitta, Hummus, Carrot Sticks Fresh Fruit and Veg
FRI	Apple Flapjack Fresh Fruit and Veg	Turkey Mince in Paprika & Tomato Sauce with Fusilli & Broccoli Strawberry Jelly, Cream and Sliced Strawberries Fresh Fruit	Sponge Squares 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.