



ROMPERS PRIVATE NURSERY

MENU



WINTER 2025

Week 1 → 6th January, 3rd February, 3rd March

Week 1	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Fresh Fruit or Vegetables Wholegrain Crackers and Cheese Spread	Chicken Tikka Masala, Rice and Sweetcorn Apple and Raspberry Crumble with Cream Fresh Fruit	Fresh Fruit or Vegetables Rice Cakes with Butter
TUES	Fresh Fruit or Vegetables Porridge and Mashed Banana	Lentil and Tomato Soup with Tuna Sandwich on Brown Bread Vanilla Rice Pudding with Raspberry Puree Fresh Fruit	Fresh Fruit or Vegetables Breadsticks, Cheese Fingers and Pineapple Sticks
WED	Fresh Fruit or Vegetables Toasted Crumpets and Butter	Sausages Pesto Pasta with Broccoli and Cauliflower Natural Yogurt and Berry Coulis Fresh Fruit	Fresh Fruit or Vegetables Ginger Cake
THURS	Fresh Fruit or Vegetables Wholemeal Toast with Butter	Macaroni Cheese with Peas Berry Cheesecake Fresh Fruit	Fresh Fruit or Vegetables Rice Salad
FRI	Fresh Fruit or Vegetables Cream Crackers and Cheese	Mince and Potatoes with Mixed Veg Natural Yoghurt and Peach Puree Fresh Fruit	Fresh Fruit or Vegetables Shortbread Biscuit

This menu has been designed in line with NHS 'Setting the Table' (2024) guidance, Rompers is currently working to meet standard by August 2025.

At snack times milk and water are offered, at lunch times water is 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, unpasteurized dairy and some cheese products and raw shellfish.

Low salt and sugar options/products are always used when selecting and preparing snack and meals. No sugar or salt is added.