



ROMPERS PRIVATE NURSERY

MENU



WINTER 2025

Week 2 → 13th January, 10th February, 10th March

Week 2	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Fresh Fruit or Vegetables Choice of Cereals	Spaghetti Bolognese with Mixed Veg Crushed Meringue, Whipped Cream and Raspberries Fresh Fruit	Fresh Fruit or Vegetables Wholemeal Pitta Strips with Ham Slices
TUES	Fresh Fruit or Vegetables Sesame and Poppyseed Crackers with Butter	Quorn Mince with Creamy Mildly Spiced Rice and Sweetcorn Natural Yoghurt with Mandarins Fresh Fruit	Fresh Fruit or Vegetables Banana Cake
WED	Fresh Fruit or Vegetables Wholemeal Toast with Dairylea or Butter	Fish Curry, Rice and Peas Vanilla Cheesecake Fresh Fruit	Fresh Fruit or Vegetables Oatcakes and Sliced Cheese
THURS	Fresh Fruit or Vegetables Wholegrain Crackers with Cream Cheese	Chicken, Rice and Sweetcorn Soup with Crusty Bread Pear Sponge and Custard Fresh Fruit	Fresh Fruit or Vegetables Breadsticks and Hummus Dip
FRI	Fresh Fruit or Vegetables Plain Fromage Frais Pot	Chicken Casserole, Roast Potatoes and Cauliflower Natural Yoghurt and Apple Puree Fresh Fruit	Fresh Fruit or Vegetables Coconut and Lime Sponge

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.