



ROMPERS PRIVATE NURSERY

MENU



WINTER 2025

Week 3 → 20th January, 17th February, 17th March

Week 3	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Fresh Fruit or Vegetables Wholemeal Toast with Primula Cheese/Butter	Sweet and Sour Chicken with Rice and Cauliflower Apple and Pear Crumble and Cream Fresh Fruit	Fresh Fruit or Vegetables Sesame and Poppy Seed Crackers with Butter
TUES	Fresh Fruit or Vegetables Toasted Crumpets and Butter	Cheesy Mexican Vegetable Fusil with Carrots Natural Yoghurt and Tropical Fruit Fresh Fruit	Fresh Fruit or Vegetables Sponge Squares
WED	Fresh Fruit or Vegetables Greek Yoghurt, Granola and Sliced Banana	Beef Chilli with Rice and Peas Lemon Shortbread and Strawberries Fresh Fruit	Fresh Fruit or Vegetables Make Your Own Ham/Cheese Sandwiches
THURS	Fresh Fruit or Vegetables Pizza Muffins	Salmon and Tomato Spaghetti with Mixed Vegetables Natural Yoghurt and Peach Puree Fresh Fruit	Fresh Fruit or Vegetables Custard Cream
FRI	Fresh Fruit or Vegetables Choice of Cereals	Lentil Soup with Chicken Sandwiches Lemon Cheesecake Fresh Fruit	Fresh Fruit or Vegetables Cream Crackers with Slices Cheese

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.