



# ROMPERS PRIVATE NURSERY

## MENU



### SUMMER 2025

Week 4 → 28<sup>th</sup> July, 25<sup>th</sup> August, 22<sup>nd</sup> Sept

Week 4	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Cream Crackers & Sliced Cheese Fresh Fruit or Vegetables	Salmon & Cod Curry with Rice & Sweetcorn Natural Yogurt & Sliced Banana	Wholemeal Rolls with mashed Boiled Eggs Fresh Fruit or Vegetables
TUES	Wholemeal Toast & Butter Fresh Fruit or Vegetables	Basket Lunch - Homemade Pizza Pinwheels, Chicken Wholemeal Rolls, Cherry Tomatoes & Cucumber Sticks. Banana & Chocolate Orange Cupcakes Fresh Fruit	Wholegrain Crackers & Edam Cheese Fresh Fruit or Vegetables
WED	Poppy Seed Crackers with Cream Cheese Fresh Fruit or Vegetables	Lentil & Tomato Soup with Homemade Cheese Scones Natural Yoghurt with Fruit Cocktail Fresh Fruit	Cheese & Ham Egg Muffins Fresh Fruit or Vegetables
THURS	Greek Yogurt, Granola & Blueberries Fresh Fruit or Vegetables	Sausage Casserole, New Potatoes & Mixed Veg Vanilla Ice Cream with Apricot Puree Fresh Fruit	Rice cakes with Sliced Banana Fresh Fruit or Vegetables
FRI	Choice of Cereals with Milk Fresh Fruit or Vegetables	Cheesy Fajita Vegetable Pasta with Broccoli Oat Cookies & Milk Fresh Fruit	Breadsticks and Babybel Cheese Fresh Fruit or Vegetables

**This menu has been designed in line with NHS 'Setting the Table' (2024) guidance.**

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.**