



ROMPERS PRIVATE NURSERY

MENU



Autumn 2025

Week 1	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Sliced Pitta and Houmous Fresh fruit or vegetables	Katsu Chicken Noodles with Peas and Sweetcorn Natural Yoghurt and Fruit Cocktail Fresh fruit	Wholegrain Crackers with Garlic and Herb Cream Cheese Fresh fruit or vegetables
TUES	Breadsticks, Boiled Egg Quarters and Whipped Feta Dip Fresh fruit or vegetables	Sausage Casserole, Potatoes and Broccoli Lemon Cheesecake Fresh fruit	Pesto Pasta Salad Fresh fruit or vegetables
WED	Oatcakes and Sliced Edam Fresh fruit or vegetables	Fishcakes with Vegetable Pasta Salad and Cucumber Sticks Warm Cinnamon Apple Sponge and Homemade Custard Fresh fruit	Make Your Own Ham or Cheese Wrap Fresh fruit or vegetables
THURS	Greek Yoghurt, Granola, Banana and Blueberries Fresh fruit or vegetables	Lentil and Tomato Soup with Wholemeal Cheese Rolls Vanilla Coconut Biscuits Fresh fruit	Cheddar and Pea Frittata Fresh fruit or vegetables
FRI	Wholemeal Toast with Primula Cheese Fresh fruit or vegetables	Tuna, Tomato and Parmesan Pasta with Mixed Veg Natural Yoghurt and Pear Puree Fresh fruit	Rice Cakes and Banana Fresh fruit or vegetables