



ROMPERS PRIVATE NURSERY

MENU



Autumn 2026

Week 1	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Oatcakes and Sliced Cheese Fresh fruit or vegetables	Cheesy Fajita Veg Pasta with Sweetcorn Cinnamon Apple Sponge and Cream Fresh fruit	Pitta Fingers with Salmon Pate Fresh fruit or vegetables
TUES	Courgette Egggy Fingers Fresh fruit or vegetables	Mild Chicken Curry, Rice and Peas Fresh Fruit Kebab Fresh fruit	Rice Cakes and Sliced Banana Fresh fruit or vegetables
WED	Wholemeal Toast Fresh fruit or vegetables	Spiced Sweet Potato and Lentil Soup with Warm Naan Gingercake and Custard Fresh fruit	Wholegrain Crackers, Cream Cheese and Sliced Ham Fresh fruit or vegetables
THURS	Toasted Crumpets and Butter Fresh fruit or vegetables	Beef Ragu with Rigatoni and Mixed Vegetables Custard Cream Biscuit Fresh fruit	Cheesy Chive Pancakes Fresh fruit or vegetables
FRI	Wheatabix and Milk Fresh fruit or vegetables	Sausages in Gravy with Potatoes and Broccoli Natural Yoghurt and Mandarins Fresh fruit	Breadsticks, Cheese and Pineapple 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. Baby alternatives can be made when required. 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.

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