



ROMPERS PRIVATE NURSERY

MENU



Autumn 2026

Week 2	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Rice Cakes with Banana Fresh fruit or vegetables	Lentil and Tomato Soup with Chicken Wholemeal Sandwich Pear Crumble and Cream Fresh fruit	Ham, Cheese and Chive Muffins Fresh fruit or vegetables
TUES	Wholegrain Crackers and Dairy Lea Fresh fruit or vegetables	Fish Fingers, New Potatoes, Peas and Beans Natural Yoghurt and Sliced Strawberries Fresh fruit	Pesto Pasta Fresh fruit or vegetables
WED	Homemade Porridge Fresh fruit or vegetables	Spaghetti Bolognese with Broccoli Strawberry Jelly and Fruit Cocktail Fresh fruit	Breadsticks, Cheese and Pineapple Fresh fruit or vegetables
THURS	Wholemeal Toast Fresh fruit or vegetables	Chicken Korma, Rice and Sweetcorn Natural Yoghurt and Peach Puree Fresh fruit	Oatcakes and Cheese Fresh fruit or vegetables
FRI	Poppyseed Crackers and Cream Cheese Fresh fruit or vegetables	Chicken and Vegetable Soup with Wholemeal Cheese Sandwich Lemon Shortbread Biscuit Fresh fruit	Cheese Scones 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.