



ROMPERS PRIVATE NURSERY

MENU



Autumn 2026

Week 3	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Toasted Crumpet and Butter Fresh fruit or vegetables	Lentil Bolognese with Spaghetti with Mixed Veg Raspberry Cupcakes Fresh fruit	Cinnamon Apple Pancakes Fresh fruit or vegetables
TUES	Breadsticks and Houmous Fresh fruit or vegetables	Mexican Bean Soup with Cheese and Avocado Wrap Vanilla Rice Pudding Fresh fruit	Make your own Cheese/Ham Sandwich Fresh fruit or vegetables
WED	Baked Strawberry Oat Bites Fresh fruit or vegetables	Cheesy Butternut Squash Pasta with Broccoli and Cauliflower Natural Yoghurt and Blueberry Compote Fresh fruit	Poppyseed Crackers Fresh fruit or vegetables
THURS	Choice of Cereals Fresh fruit or vegetables	Mild Curry Salmon and Veg Noodles with Peas and Sweetcorn Banana Cake Fresh fruit	Rice cakes and Cottage Cheese Fresh fruit or vegetables
FRI	Wholemeal Toast Fresh fruit or vegetables	Mild Beef Chilli, Rice, Peas and Carrots Natural Yoghurt and Raspberries Fresh fruit	Oatcakes and 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. 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.