



ROMPERS PRIVATE NURSERY

MENU



Autumn 2026

Week 4	Morning Snack	Lunch and Pudding	Afternoon Snack
MON	Breadsticks and Cheese Stick Fresh fruit or vegetables	Creamy Courgette and Chicken Pasta with Sweetcorn Natural Yoghurt and Mango Puree Fresh fruit	Fruity Rice Salad Fresh fruit or vegetables
TUES	Wholemeal Toast Fresh fruit or vegetables	Yoghurt Spices Fish Bites with Rice and Peas Custard and Banana Fresh fruit	Rice Cake and Houmous Fresh fruit or vegetables
WED	Wholegrain Crackers and Salmon Pate Fresh fruit or vegetables	Sausages in Tomato and Basil Sauce with Pasta and Broccoli Natural Yoghurt and Pear Puree Fresh fruit	Fresh off the griddle Banana Oat Pancakes Fresh fruit or vegetables
THURS	Greek Yoghurt, Granola and Berries Fresh fruit or vegetables	Yellow Split Pea and Ham Soup with Cheese Pastry Pinwheels Strawberry Cheesecake Fresh fruit	Spinach and Sweetcorn Muffins Fresh fruit or vegetables
FRI	Cheese Scones Fresh fruit or vegetables	Macaroni Cheese with Cauliflower Apple Crumble and Cream Fresh fruit	Make your Own Chicken and Ham Wrap 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.