

# Menu One



PRINCE'S MEAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Apple or orange	Low-sugar apricot & seed flapjack	Wholemeal biscuit or banana chips	Cheddar cheese and cracker	Mixed berry smoothie or piece of fruit
Milk or yoghurt on request					
Soup of the day with freshly baked bread and a selection of toppings (toasted seeds, fresh herbs or croutons)					
<b>Lunch Mains</b>	Beef burger in a bun with sliced tomatoes and Monterey Jack cheese	Roast chicken leg (N,R, Y1&2) or thigh (Y3-6) with yorkshire pudding	Mac and cheese with pulled turkey	Mediterranean chicken arrabbiata	Fish fingers with tangy tomato sauce and a lemon wedge
<b>Pasta Bar</b>	Tomato and basil	Roasted tomato and red pepper		Pesto	Tuna and sweetcorn mac and cheese
<b>Vegetarian</b>	Veggie burger with grilled pineapple and halloumi in a bun	Jacket potato with baked beans and cheese or Chilli con carne	Gluten-free mac and cheese or tomato sauce	Baked tomato, mozzarella, basil and saffron risotto	Vegan panang curry with bombay potatoes
<b>Sides</b>	Tortilla nachos Coleslaw Corn on the cob (N, R, Y1&2) Sweetcorn (Y3-6)	Crispy skin on roasted potatoes with garlic and rosemary Steamed carrots Steamed broccoli	Homemade garlic bread Caesar salad Sauteed leek Peas cassoulet Green beans	Braised rice Courgettes Savoy cabbage	Shoestring fries Garden peas
Salad bar with oven-baked potatoes, sweet potatoes, butternut squash, celeriac, fresh seasonal salad and protein filling of the day					
<b>Pudding</b>	Orange or lime jelly	Sugar-free carrot cake with soft cheese icing*	Mango or mixed berry yoghurt with gluten-free granola	Banana custard pots	Vanilla or chocolate ice cream
Fresh fruit and low-fat Greek yoghurt pots with homemade mixed berry fruit coulis or gluten-free granola					
<b>Club Snack</b>	Wholemeal cheese toastie*	Low-sugar mini blueberry muffin with banana milk*	Milk chocolate coated rice cakes*	Freshly baked croissant or free-from jam croissant	Oreo biscuit
Fresh fruit, milk or yoghurt on request					
<b>Nursery Supper</b>	Scrambled eggs, baked beans and wholemeal toast	Margherita pizza, wholemeal nachos, crunchy salad sticks	Homemade chicken burger with oven-baked potato wedges and broccoli	Penne pasta with tomato and basil sauce, and crunchy salad sticks	
*gluten-free version available					

# Menu Two



PRINCE'S MEAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Apple or banana	Wholemeal biscuits	Cheesy English muffins	Breadsticks	Apricot, banana and avocado smoothie
Milk or yoghurt on request					
Soup of the day with freshly baked bread and a selection of toppings (toasted seeds, fresh herbs or croutons)					
<b>Lunch Mains</b>	Farmhouse pizza	Roast gammon and gravy	Pork arrabbiata	Mild beef chilli	Battered cod with homemade tartare sauce and lemon wedge
<b>Pasta Bar</b>	Vegan bolognese with chickpeas	Marinara	Tomato and basil	Cheese	Tuna and sweetcorn pasta bake
<b>Vegetarian</b>	Margherita pizza	Jacket potato with vegan ragu, fresh salad and minted yoghurt	Falafel balls in tomato and basil sauce	Gnocchi in creamy spinach sauce	Quorn and halloumi toad in the hole
<b>Sides</b>	Tortilla nachos Corn on the cob (N, R, Y1&2) Sweetcorn (Y3-6)	Garlic and thyme roasted baby potatoes Steamed carrots Savoy cabbage	White, wholemeal or gluten-free pasta Caesar salad Broccoli	Braised rice Green beans Courgettes	Shoestring fries Garden or mushy peas
Salad bar with oven-baked potatoes, sweet potatoes, butternut squash, celeriac, fresh seasonal salad and protein filling of the day					
<b>Pudding</b>	Vanilla ice cream or free-from organic fruit ice lolly	Sugar-free banana bread*	Raspberry jelly Greek yoghurt pots	Apple and rhubarb crumble with vanilla custard	Decorated low-sugar mini blueberry muffin
Fresh fruit and low-fat Greek yoghurt pots with homemade mixed berry fruit coulis or gluten-free granola					
<b>Club Snack</b>	Pork sausage rolls*	Wholemeal cheese toastie*	Oat and raisin muffins*	Low-sugar plain popcorn and banana milk	Yoghurt and strawberry rice cakes
Fresh fruit, milk or yoghurt on request					
<b>Nursery Supper</b>	Penne pasta with beef bolognese and steamed carrots	Fish fingers, oven-baked chips and low-sugar baked beans	French pizza baguette with crunchy salad sticks	Jacket potato with baked beans, cheddar cheese and fresh salad	
*gluten-free version available					

# Menu Three



## PRINCE'S MEAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Breadsticks	Apple or pear	Garlic and cheese focaccia	Wholemeal biscuits	Banana, orange and mango smoothie
Milk or yoghurt on request					
Soup of the day with freshly baked bread and a selection of toppings (toasted seeds, fresh herbs or croutons)					
<b>Lunch Mains</b>	Cumberland sausage and gravy	Roast Pork Loin with crackling, homemade apple sauce and gravy	Beef and lentil bolognese	Chicken pasanda	Fish fingers or Plain white fish supreme with parsley sauce
<b>Pasta Bar</b>	Tomato and red pepper	Pesto sauce	Tomato and basil	Mushroom carbonara	
<b>Vegetarian</b>	Vegan Hungarian goulash	Vegetarian shepherds pie with sweet potato mash topping	Pasta pomodoro with fresh basil and parmesan cheese	Spinach, lentil and sweet potato dhal	Hasselback halloumi traybake
<b>Sides</b>	Mash potato Sauteed leeks Savoy cabbage	Garlic and thyme roasted baby potatoes Steamed carrots Green beans	White, wholemeal or gluten-free pasta Caesar salad Broccoli	Braised rice Courgettes Sweetcorn	Shoestring fries Garden or mushy peas
Salad bar with oven-baked potatoes, sweet potatoes, butternut squash, celeriac, fresh seasonal salad and protein filling of the day					
<b>Pudding</b>	Low-sugar beetroot brownie*	Sugar-free strawberry fool with gluten-free cornflake granola or raspberry jelly	Fruit platter	Apple and berry crumble with custard* (dairy-free version available)	
Fresh fruit and low-fat Greek yoghurt pots with homemade mixed berry fruit coulis or gluten-free granola					
<b>Club Snack</b>	Pork or vegan sausage rolls*	French pizza baguette*	Low-sugar blueberry muffin*	Popcorn and sugar-free banana milkshake*	Wholemeal cheddar scone*
Fresh fruit, milk or yoghurt on request					
<b>Nursery Supper</b>	Homemade chicken goujons, broccoli, oven-baked potato wedges	Grilled pork sausages, low-sugar baked beans, and oven-baked hash browns	Scrambled eggs on wholemeal toast and cucumber sticks	Chicken burger, pepper and carrot sticks, oven-baked plain tortilla nachos	
*gluten-free version available					