

Menu One



PRINCE'S MEAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Apple or orange	Cheddar cheese and cracker	Wholemeal biscuit	Low sugar apricot & seed flapjack	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)					
Lunch Mains	Chicken tikka masala with mango chutney and wholemeal naan bread	Roast pork lion with homemade apple sauce and crackling	Mac and cheese	Beef chilli taco with guacamole and soured cream or tomato salsa	Fish fingers or battered cod with tangy tomato sauce and a lemon wedge
Pasta Bar	Pesto pasta	Roasted tomato	Gluten free mac and cheese or tomato sauce	Tomato and basil sauce	Pasta bake of the day
Vegetarian	Sweet potato, spinach and chickpea korma with mango cutney and	Jacket potato with baked beans and cheese	Mac and cheese with crispy onion topping	Pulled oumph and grilled halloumi taco	Roasted sweet potato with caramelised red onions and feta cheese
Sides	Braised rice Green beans Courgettes	Crispy skin on roasted potatoes with garlic and rosemary	Ceasar salad Sauteed leek & peas cassoulet or green beans	Handcut parmentier herby potato Broccoli or sweetcorn	Shoestring fries
Salad bar with oven-baked potatoes, sweet potatoes, butternut squash, celeriac, fresh seasonal salad and protein filling of the day					
Pudding	Raspberry jelly or sugar free lime jelly or freshly cut fruit or yoghurt	Freshly cut fruit platters	Mango or mixed berry yoghurt with gluten free granola	Apple and berry crumble with custard	Vanilla or chocolate ice cream or freshly cut fruit or yoghurt
Low-fat Greek yoghurt pots with homemade mixed berry fruit coulis or gluten-free granola					
Club Snack	Yoghurt & strawberry rice	Freshly baked croissant	Popcorn and flavoured milkshake	Healthy balanced yoghurt and piece of fresh fruit of the day	Wholemeal ham or cheese sandwich
Fresh fruit, milk or yoghurt on request					
Nursery Supper	Scrambled eggs, baked beans and wholemeal toast	Wholemeal margherita flatbread pizza, crunchy salad sticks	Jacket potato with baked beans and cheddar cheese	Penne pasta with tomato and basil sauce, and broccoli	
*gluten-free version available					

Menu Two



PRINCE'S MEAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Apple or banana	Cheddar cheese & crackers	Gluten free date flapjack	Breadsticks	Yoghurt pot
Milk or yoghurt on request					
Soup of the day with freshly baked bread and a selection of toppings (toasted seeds, fresh herbs or croutons)					
Lunch Mains	Grilled tandoori chicken thigh with mango chutney	Roast gammon and gravy	Beef bolognese	Farmhouse wholemeal pizza	Fish cakes or battered cod with homemade tartare sauce
Pasta Bar	Cheese sauce	Marinara sauce	Tomato and basil	Vegan bolognese with	Pasta bake of the day
Vegetarian	Polenta with chargrilled vegetables, falafel & marinated halloumi	Jacket potato or butternut squash with vegan ragu, fresh salad and minted yoghurt	Pasta, tomato sauce, fresh basil	Margherita wholemeal pizza	Mushroom risotto
Sides	Braised rice and curry sauce	Garlic and thyme roasted baby potatoes Steamed carrots	White or wholemeal pasta Caesar salad Broccoli	Handcut potato wedges Sweetcorn and selection of salads	Shoestring fries Garden peas
Salad bar with oven-baked potatoes, sweet potatoes, butternut squash, celeriac, fresh seasonal salad and protein filling of the day					
Pudding	Oat, lemon and raisin cookie or fresh fruit or yoghurt	Sugar free mango mousse	Vanilla ice cream	Sticky toffee pudding with custard or fresh fruit or yoghurt	Freshly cut fruit platters
Low-fat Greek yoghurt pots with homemade mixed berry fruit coulis or gluten-free granola					
Club Snack	Wholemeal cheese toastie*	Yoghurt and piece of fruit	Ham or cheese wholemeal roll	Popcorn and flavoured milkshake	Pork sausage roll
Fresh fruit, milk or yoghurt on request					
Nursery Supper	Cheesy pasta and broccoli	Salmon fish cake, oven baked chips, low sugar baked beans	French pizza baguette with crunchy salad sticks	Jacket potato with baked beans and cheddar cheese and fresh salad	
*gluten-free version available					

Menu Three



PRINCE'S MEAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Breadsticks	Apple or pear	Cheese and crackers	Wholemeal biscuits	Low sugar chocolate milkshake
Milk or yoghurt on request					
Soup of the day with freshly baked bread and a selection of toppings (toasted seeds, fresh herbs or croutons)					
Lunch Mains	Jumbo cumberland sausage and gravy	Roast chicken and gravy	Beef ragu or tomato sauce	Hunter's BBQ chicken with bacon and mozzarella cheese	Fish fingers or battered cod with tangy tomato sauce and lemon wedge
Pasta Bar	Tomato and red pepper	Pesto sauce	Tomato and basil	Mushroom carbonara	Pasta bake of the day
Vegetarian	Quorn sausage and gravy	Jacket potato with baked beans and cheese	Vegetarian lasagne	Stuffed roasted peppers with rice & black beans, topped with mozzarella	Vegetarian chow mein
Sides	Mash potato Sauteed leeks	Garlic and thyme roasted baby potatoes Steamed carrots	White, wholemeal or gluten free pasta Caesar salad Broccoli	Braised rice Courgettes Sweetcorn	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					
Pudding	Low sugar carrot cake with cream cheese icing*	Sugar free chocolate mousse with gluten-free cornflake granola or	Yoghurt bar (mango, mixed berry or honey)	Apple and rhubarb crumble with custard*	Freshly cut fruit platters
Low-fat Greek yoghurt pots with homemade mixed berry fruit coulis or gluten-free granola					
Club Snack	Popcorn and sugar free	Freshly baked lemon and	Low sugar blueberry muffin*	Pork sausage roll or vegan sausage roll*	Ham or cheese wholemeal roll
Fresh fruit, milk or yoghurt on request					
Nursery Supper	Homemade chicken goujons, broccoli, oven	Grilled pork sausages, low-sugar baked beans, and oven baked hash browns	Scrambled eggs on wholemeal toast	Cheesy pasta with broccoli	
*gluten-free version available					