

Menu One



PRINCE'S MEAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Apple or orange	Breadsticks	Wholemeal biscuit or banana chips	Cheddar cheese and cracker	Yoghurt pot 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	Pork curry with naan bread and mango chutney	Roast chicken leg or thigh with yorkshire pudding	Pork meatball and mushroom carbonara	Beef and lentil cottage pie	Fish fingers with tangy tomato sauce and a lemon wedge
Pasta Bar	Tomato and basil	Roasted tomato and red pepper		Pesto	White fish, salmon and smoked mackerel pasta bake
Vegetarian	Vegan quorn sausage, chickpea and spinach curry	Jacket potato with baked beans and cheese or Courgette, roasted tomato and basil quiche	Mac and cheese	Lentil and vegetable cottage pie	Gluten free tofish marinated battered tofu with sweet chilli sauce
Sides	Braised rice Savoy cabbage Courgettes	Crispy skin on roasted potatoes with garlic and rosemary Steamed carrots Sautéed leeks	Homemade garlic bread Caesar salad Penne pasta Green beans	Broccoli 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					
Pudding	Raspberry or lime jelly Freshly cut fruit platter	Low sugar courgette cake with cream cheese icing	Mango or jumbleberry yoghurt with gluten free granola Freshly cut fruit platter	Banana custard	Oat, lemon and raisin cookie
Low-fat Greek yoghurt pots with homemade mixed berry fruit coulis or gluten-free granola					
Club Snack	Homemade low fat banana bread*	Homemade low sugar mini blueberry muffin with strawberry milk*	Yoghurt strawberry coated rice cakes*	Freshly baked croissant or free-from jam croissant	Chocolate chip flapjack
Fresh fruit, milk or yoghurt on request					
Nursery Supper	Scrambled eggs, baked beans and wholemeal toast	Roasted tomato and red pepper soup with homemade focaccia	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
Morning Snack	Apple or banana	Wholemeal biscuits	Cheesy English muffins	Spiced oven-roasted chickpea pot	Yoghurt pot Pineapple & 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)					
Lunch Mains	Farmhouse pizza	Roast gammon and gravy	Pork arabiatta	Chicken katsu curry	Battered cod with homemade tartare sauce and lemon wedge
Pasta Bar	Vegan bolognese with chickpeas	Marinara	Tomato and basil	Cheese	Tuna and sweetcorn pasta bake
Vegetarian	Margherita pizza	Jacket potato with vegan ragu, fresh salad and minted yoghurt	Moroccan chickpea tagine with cous cous	Autumn risotto with wild mushrooms and butternut squash	Gluten free battered halloumi fingers with sweet chilli sauce
Sides	Tortilla nachos Corn on the cob or sweetcorn	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					
Pudding	Vanilla ice cream or free-from organic fruit ice lolly Fresh fruit platter	School lemon cake with frosting	Raspberry jelly Fresh fruit platter	Apple and rhubarb crumble with vanilla custard	Cookie selection
Low-fat Greek yoghurt pots with homemade mixed berry fruit coulis or gluten-free granola					
Club Snack	Plain popcorn and banana milk	Pork sausage rolls*	Wholemeal cheese toastie*	Gluten-free low-sugar date flapjack	Yoghurt and strawberry rice cake
Fresh fruit, milk or yoghurt on request					
Nursery Supper	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 and cheddar cheese and fresh salad	
*gluten-free version available					

Menu Three



PRINCE'S MEAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Apple or pear	Breadsticks	Wholemeal cheese sandwich	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)					
Lunch Mains	Cumberland sausage and red onion gravy	Roast Pork Loin with crackling, homemade apple sauce and gravy	Beef and lentil bolognese	Paprika chicken casserole	Fish fingers or Plain white fish supreme with parsley sauce
Pasta Bar	Tomato and red pepper	Pesto sauce	Tomato and basil	Mushroom carbonara	
Vegetarian	Lentil, spinach, chickpea, and sweet potato goulash with herby dumplings	Roasted butternut squash and butterbean cassoulet	Pasta pomodoro with fresh basil and parmesan cheese	Smoked tofu and mushroom stroganoff	Creamy ricotta polenta with leeks, white bean, sauteed mushrooms and poached egg
Sides	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					
Pudding	Banana and choc chip bread*	Strawberry fool with gluten-free cornflake granola or raspberry jelly	Fruit platter	Apple and berry crumble with custard*	Chocolate and sweet potato brownie or Fresh fruit
Low-fat Greek yoghurt pots with homemade mixed berry fruit coulis or gluten-free granola					
Club Snack	Blueberry muffin*	Pork or vegan sausage roll	Popcorn and sugar-free banana milkshake	Ham or cheese wholemeal baguette*	Oreo biscuit*
Fresh fruit, milk or yoghurt on request					
Nursery Supper	Tomato and basil soup with homemade focaccia	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					