







WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.						
MAIN MEALS TO NORRISH, NURTURE AND SUSTAIN	Chicken Fajita, Guacamole, Sour Cream & Tomato Salsa	Rich and Juicy Cumberland Sausages with Caramelized Onions & Gravy	 Creamy Chicken Tikka Masala made with a Rich Tomato Sauce Coconut Cream Sweet Potato and Spinach Korma	Creamy Pork,Apple & Mushroom Stroganoff	 Battered Fish with Tartare & Lemon Wedge Cheese & Ham Panini Quorn and Vegetable Fajita, Guacamole, Sour Cream & Tomato Salsa	Chicken Souvlaki Served in Flatbread Taziki Sriracha Sauce	 2oz Beef Burger Bacon Pork or Chicken Sausage
	Roasted Mediterranean Vegetable Spanish Omelette with Potatoes and Cheese	Potato & Vegetable Pattie with a fried egg		Jackfruit, Edamame Bean Vegetable Stir fry		Roasted Vegetables & Halloumi Served in Flatbread	
	Wraps Potato wedges Fine Green beans	Creamed Potato Peas Sliced Carrot		Glazed New Potatoes Trio of Garlic infused Greens		Potato wedges Rawslaw Greek Salad	
DESSERT	Chocolate Bread & Butter Pudding with Vanilla Sauce	A selection of dessert pots, fresh cut fruit and Greek yoghurt bar	Pear & Peach Crumble with Custard	A selection of dessert pots, fresh cut fruit and fruit yoghurt bar	Banana Choc-Chip Sponge with Vanilla sauce	Rocky Road	Baked Beans Grilled Tomato Toast Choc-Chip Sponge with Vanilla sauce
EVERY DAY	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese	Penne pasta with tomato sauce and cheese Jacket potatoes with baked beans and cheese	
	We offer a lighter alternative of freshly prepared salad bar as well as daily option of simple sandwiches						



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.						
MAIN MEALS TO NORRISH, NURTURE AND SUSTAIN	Chilli Con Carne with Chive Sour Cream & Tortilla Chips	Crispy Golden Breaded Chicken Parmo with Rich Sauce and Melted Cheese 	 Traditional Bolognaise Ragu with Tomato Sauce and Herbs Creamy Ham Carbonara with Parmesan Zingy Green Pesto Sauce All served with Penne Pasta Garlic Bread, Fine Beans	Teriyaki Noodles Pork, Mange tout, peppers, Beansprouts, Coriander 	 Juicy Beef or Chicken Burger with Lettuce Tomato and Cheese Spicy Five Bean Burger with Pickled Slaw Skinny Fries, Baked Beans, Fried Onions and Sauté Mushrooms	Pulled BBQ Chicken in a Steamed Bao Bun 	 2oz Beef Burger Bacon Pork or Chicken Sausage Vegetable Sausage Potato Waffles Fried Egg Onion Rings Baked Beans Grilled Tomato Toast Choc-Chip Sponge with Vanilla sauce
	Spring Vegetable & Lentil with Tofu with Chive Sour cream & Tortilla Chips	Sweet Chilli Vegetable & Tofu Stir Fry		Yasai Yaki Noodles Mushroom, Peppers, Spring onion & Ginger		Pulled Jackfruit & Edamame Bean in a Steamed Bao Bun	
SIDES	Red Rice Refried beans Fine Green beans	New Potatoes Peas Cauliflower		Baton Carrots Roasted Broccoli		Noodles With Bean Shoots Stir fry Vegetables	
DESSERT	Pineapple Upside Down Sponge with Custard	A selection of dessert pots, fresh cut fruit and Greek yoghurt bar	Oaty Caramel Apple Crumble with Custard	A selection of dessert pots, fresh cut fruit and Greek yoghurt bar	Chocolate & Orange Marble Sponge with Vanilla Sauce	White Chocolate Corn Flake Square	
EVERY DAY	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese Jacket potatoes with baked beans and cheese	
	We offer a lighter alternative of freshly prepared salad bar as well as daily option of simple sandwiches						



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.						
MAIN MEALS TO NORRISH, NURTURE AND SUSTAIN	Crispy and Golden Chicken Katsu	Minced Beef & Vegetable Pie topped Puff Pastry	 Roast Herby Chicken Breast with Stuffing & Gravy Roasted Stuffed Aubergine with Peppers, Spring Onion and Mushroom Herby Roast Diced Potato Fine Green Beans Cauliflower	Italian Spiced Meatballs with Tomato & Coriander sauce	 Battered Fish with Tartare & Lemon Wedge Pulled Sweet Chilli Chicken in a Bao Bun Vegetable & Mixed Bean Cheesy Quesadillas Served with Chunky Chips, Mushy Peas, Baked Beans, Chip Shop Curry Sauce	Saturday Deli Bar Served with Assorted Baguettes and Wraps Spicy Beef in Tomato Sauce Salami Roasted Vegetables Grated Cheese	 2oz Beef Burger Bacon Pork or Chicken Sausage Vegetable Sausage Hash Brown Bites Fried Egg Onion Rings Baked Beans Grilled Tomato Toast
	Creamy Spinach & Mushroom lasagne Served With Garlic Bread 	Butternut squash and roasted shallot risotto with fresh sage		No Meat-balls with Tomato & Coriander sauce			
	Steamed Rice Sauté Cabbage Sweetcorn	Minted New Potatoes Braised Red Cabbage Peas		Spaghetti Roast Broccoli Sweetcorn		A Selection of Freshly Prepared Salads	
DESSERT	Chocolate Sponge with Chocolate Sauce	A selection of dessert pots, fresh cut fruit and Greek yoghurt bar	Fruit pie with a puff pastry top and fresh cream	A selection of dessert pots, fresh cut fruit and Fruit yoghurt bar	Lemon & Lime Drizzle Cake with Custard	Warm Chocolate Brownie & Cream	
EVERY DAY	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	
	We offer a lighter alternative of freshly prepared salad bar as well as daily option of simple sandwiches						