


LUNCH


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 Pasta Bake with a Melted Cheese topping	Rich and Juicy Cumberland Sausages with Caramelized Onions & Gravy		Sweet Chilli minced pork & Vegetable noodles 		Chicken Souvlaki Served in Flatbread Taziki Sriracha Sauce	
	 Roasted Mediterranean Vegetable Rich Ragu pasta bake with a Melted Cheese topping	Bubble & squeak with a fried egg	Creamy Chicken Korma Vegetable, spinach & chick pea Korma	Jackfruit, Edamame Bean Vegetable Chow mein	Battered Fish with Tartare & Lemon Wedge Classic Hot dog  Sweet potato, pea, & feta frittata	Roasted Vegetables & Halloumi Served in Flatbread	
SIDES	Garlic Slice Broccoli Sweetcorn	Creamed Potato Peas Sliced Carrot	Steamed Rice, Poppadoms, Mango Chutney, Onion salad Fine green Beans	Prawn crackers Trio of Garlic infused Greens	Served with Chunky Chips, Mushy Peas, Baked Beans, Chip Shop Curry Sauce	Potato wedges Rawslaw Greek Salad	Vegetable Sausage Potato Waffles Fried Egg Onion Rings
DESSERT	Steamed Banana Choc-Chip Sponge with Vanilla sauce	A selection of dessert pots, fresh cut fruit and Greek yoghurt bar	Golden syrup Sponge with Custard 	A selection of dessert pots, fresh cut fruit and fruit yoghurt bar	Coconut rice pudding with mango drizzle 	Rocky Road	Baked Beans Grilled Tomato Toast
EVERY DAY	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans and cheese	Penne pasta with Cheese & chive 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							



LUNCH

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 mixed Beans, Chive Sour Cream & Tortilla Chips 	Crispy Golden Breaded Chicken Parmo with Rich Sauce and Melted Cheese	 Bolognese Ragu with Tomato Sauce and Herbs Creamy Ham Carbonara with Parmesan Zingy Green Pesto Sauce All served with Spaghetti Garlic Bread, Sweetcorn	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	Cheese & Ham Panini 	 2oz Beef Burger Bacon Pork or Chicken Sausage Vegetable Sausage Sauté Potatoes Scrambled Egg Onion Rings Baked Beans Sauté Mushrooms Toast
	Spring Vegetable & Lentil with Tofu with Chive Sour cream & Tortilla Chips	Roasted Cherry Tomato, red onion & feta Risotto 	Yasai Yaki Noodles Mushroom, Peppers, Spring onion & Ginger	Baton Carrots Roasted Broccoli	Cheese & tomato Panini 		
SIDES	Red Rice Refried beans Fine Green beans	New Potatoes Peas Cauliflower			Baked Piri Piri Wedges House Slaw		
DESSERT	Classic Chocolate Marble sponge with Vanilla sauce	A selection of dessert pots, fresh cut fruit and Greek yoghurt bar	Oaty Cherry & Apple Crumble with Custard	A selection of dessert pots, fresh cut fruit and Greek yoghurt bar	Lemon & white Chocolate cake with cream	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 pesto 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						

LUNCH

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	 Black bean beef mince & vegetables in a Bao Bun	 Roast Chicken dinner puff Pastry pie Roasted Butternut squash, lentil, spinach & red pepper puff pastry pie	Italian Spiced Meatballs with Tomato & Coriander sauce	 Battered Fish with Tartare & Lemon Wedge  Taco Chilli bag	Saturday Deli Bar Served with Assorted Baguettes and Wraps Pulled BBQ chicken Salami Roasted Vegetables Grated Cheese	 2oz Beef Burger Bacon Pork or Chicken Sausage Vegetable Sausage Hash Brown Bites Omelette slice Onion Rings Baked Beans Grilled Tomato Toast
	Creamy Spinach & Mushroom lasagne Served With Garlic Bread	 Soy, garlic, vegetable & ginger Quorn in a Bao Bun	Minted new Potato Peas Braised red cabbage	No Meat-balls with Tomato & Coriander sauce	Vegetable & Mixed Bean Cheesy Quesadillas Served with Chunky Chips, Mushy Peas, Baked Beans, Chip Shop Curry Sauce	A Selection of Freshly Prepared Salads	
SIDES	Steamed Rice Sauté Cabbage Sweetcorn	Potato wedges Baton Carrots Fine green beans	 Chocolate Sponge with Chocolate Sauce	Spaghetti Roast Broccoli Sweetcorn	Ice cream pot 		
DESSERT	Apple & sultana crumble & custard	A selection of dessert pots, fresh cut fruit and Greek yoghurt bar	Penne pasta with Cheese & mushroom sauce and cheese 	A selection of dessert pots, fresh cut fruit and Fruit yoghurt bar		Warm Chocolate Brownie & Cream	
EVERY DAY	Penne pasta with tomato sauce and cheese	Jacket potatoes with baked beans 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							