


# LUNCH


WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>SOUP</b>	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.				
<b>NOURISH</b>	Local Butcher's Sausages	Chicken Fried Rice	Traditional Beef Lasagne	Chicken Milanaise	Cod Fish Fingers with Lemon Dill Mayo
<b>FLOURISH</b>	Quorn Sausage Toad in the Hole	Vegetable Fried Rice	Roast Mediterranean Vegetable Lasagne	Roast Squash, Chick Pea and Goats Cheese Roll	Sweet Potato and Barley Risotto
<b>JACKET / PASTA BAR</b>	Baked Potato Baked Beans	Penne Pasta Tomato Sauce	Baked Potato Baked Beans	Penne Pasta Tomato and Basil Sauce	Baked Beans Jacket Potatoes
<b>ON THE SIDE</b>	Mashed Potatoes Sweetcorn Peas and Sugar snaps	Broccoli Carrots	Waste knot Veg of the Week	Roasted Vegetables	Peas Baked Beans
<b>EVERY DAY</b>	Seasonal salads daily protein item fresh baked bread daily dressings and toppings				
	Fresh fruit & Crudite	Fresh fruit & Crudite	Fresh fruit & Crudite	Fresh fruit & Crudite	Fresh fruit & Crudite
<b>DESSERT</b>	Marble Cake	Jam Sponge with Custard	Berry Flapjack	Rice Crispie Cake	Eton Mess

FOUNDED IN 1997

**HOLROYD HOWE**

FEEDING INDEPENDENT MINDS

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>SOUP</b>	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.				
<b>NOURISH</b>	Macaroni Cheese with Ham and Chorizo	Chill Con Carne with Nachos	Honey Baked Gammon	BBQ Chicken Thighs and Potato Wedges	Chicken Fajitas and Tacos
<b>FLOURISH</b>	Courgette and Sun Dried Tomato Risotto	Green Lentil and Vegetable Chilli	Gnocchi with Spinach and Creamed Leeks	Filled Mushrooms with Spinach and Cheese	Butternut Squash and Pea Frittata
<b>JACKET / PASTA BAR</b>	Jacket Potato Baked Beans	Penne Pasta Tomato Sauce	Jacket Potato Baked Beans	Penne Pasta Tomato Sauce	Jacket potato Baked Beans
<b>ON THE SIDE</b>	Broccoli Sweetcorn & Roast Peppers Garlic Focaccia	Mixed Greens Carrots Rice	Creamed Potatoes Broccoli Red cabbage & pineapple slaw	Corn on the Cob Sauteed Greens	Baled Beans Peas
<b>EVERY DAY</b>	Seasonal salads daily protein item fresh baked bread daily dressings and toppings				
	Fresh fruit & Crudite	Fresh fruit & Crudite	Fresh fruit & Crudite	Fresh fruit & Crudite	Fresh fruit & Crudite
<b>DESSERT</b>	Fresh Fruit Salad	Raspberry and White Chocolate Sponge	Beetroot Brownie	Mixed Berry Crumble	Banoffi Pie

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# LUNCH

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>SOUP</b>	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.				
<b>NOURISH</b>	Beef Bolognaise	Sweet and Sour Chicken	Beef Burgers in a Bun and Wedges	Chicken Tikka Masala	PIZZA BAR Pepperoni Margarita
<b>FLOURISH</b>	Lentil and Vegetable Bolognaise	Vegetable and Jack Fruit Sweet and Sour	Falafel and Spinach Burgers	Chic Pea, Spinach and Paneer Dhal	Roast Vegetable Hotpot
<b>JACKET / PASTA BAR</b>	Baked Potato and Beans	Penne Pasta and Tomato Sauce	Baked Potato and Baked Beans	Penne Pasta and Tomato Sauce	Jacket Potato and Baked Beans
<b>ON THE SIDE</b>	Spaghetti Green beans Fresh Baked Garlic Focaccia	Stir-fry Mixed Vegetables Noodles	Broccoli Baked Wedges Roasted Sweetcorn	Rice Curried Cauliflower Sautéed Greens	Peas Baked Beans
<b>EVERY DAY</b>	Seasonal salads daily protein item fresh baked bread daily dressings and toppings				
	Fresh fruit & Crudite	Fresh fruit & Crudite	Fresh fruit & Crudite	Fresh fruit & Crudite	Fresh fruit & Crudite
<b>DESSERT</b>	Shortbread Biscuits	Banana Cake	Apple and Cinnamon Sponge	Lemon Cheesecake	Individual Ice Cream

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