

LUNCH

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 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. served with freshly baked Wild farmed bread & toppings				
EARLY YEARS MAIN EVENT	Pasta with tomato & basil sauce	Deconstructed cottage pie	Roast chicken breast	Pork meatballs in tomato sauce	Breaded pollock fillet & lemon
THE MAIN EVENT	Macaroni cheese bar- Sticky onion Crispy spiced chickpeas peppers	Cottage pie	Lemon Roast chicken breast or thigh	Pork meatballs in tomato sauce Homemade pork & apple balls	Breaded pollock fillet with tartar sauce & lemon
NOURISH	Pasta with Tomato & basil pasta	Mushroom, spinach & cheddar strudel Parsley new potatoes	Stuffed pepper with sweet potato, chickpea & thyme	Plant based meatballs in tomato sauce	Sweet potato & spinach falafels with spicy vegan mayo
DAILY SPECIAL	Chick pea spinach and vegetable tagine with Rice	Roasted butternut and pumpkin seed risotto	Stuffed mushroom – pesto and goats cheese topped with balsamic glaze on a bed of couscous	Charred halloumi & pepper paella	Cauliflower wings and spiced vegan mayo
ON THE SIDE	Pasta Sweetcorn & peas Courgettes	Focaccia bread Roasted carrots & parsnips	Roast potatoes Broccoli Cauliflower cheese	wholemeal Pasta Green beans Roast squash	Chunky chips Peas Sautéed cabbage
SALAD BAR	EVERYDAY - Selection of simple salads, composite salads, protein items, dressings & toppings				
BAKED POTATO BAR	EVERYDAY – Plain jacket potato, grated cheese, baked beans, line caught tuna & mayonnaise				
DESSERT STATION	Apple crumble & custard	BOOST IT" flapjack	Banana bread with dates	Chocolate cake & custard	vanilla shortbread
	Freshly made yogurt, sugar free jelly & daily dessert pots				

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WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 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. served with freshly baked Wild farmed bread & toppings				
EARLY YEARS MAIN EVENT	Creamy pesto pasta & Plain focaccia	Pulled pork tacos Crispy onions, Sliced iceberg, tomatoes & peppers	Lasagna & Garlic bread	Chicken on a bed of noodles	Pork wellington
THE MAIN EVENT	Creamy spinach & cherry tomato pesto pasta with focaccia	Spiced Pulled pork & peppers onions and spices tacos	Lasagna & Garlic focaccia	Soy & mixed vegetable chicken noodles	Pork wellington/ Vegan wellingtons
NOURISH	Spinach, tomato and basil linguini	Singapore rice noodles	Aubergine, butternut chickpea curry	Mushroom, spring onion & tofu, stir-fry	Pete's big bhajis
DAILY SPECIAL	Mixed bean and cheese Ensaladas	Loaded focaccia with mozzarella & cherry tomatoes	Tomato , spinach and spring onion linguini	Quorn bolognaise with spaghetti	Prawn and vegetable paella
ON THE SIDE	Pasta Sweetcorn Roast Pumpkin	50/50Rice Glazed carrots , Roast beetroot	New potatoes Broccoli florets Roasted Celeriac	Noodles Green beans Braised red cabbage	Potato wedges Peas, Leeks
SALAD BAR	EVERYDAY - Selection of simple salads, composite salads, protein items, dressings & toppings				
BAKED POTATO BAR	EVERYDAY – Plain jacket potato, grated cheese, baked beans, line caught tuna & mayonnaise				
DESSERT STATION	Carrot & orange slice	Plant based Rice Pudding or Shortbread biscuits	Sticky toffee pudding with toffee sauce	Ice cream	BOOST IT Upside down pineapple cake With custard
	Freshly made yogurt, sugar free jelly & daily dessert pots				

LUNCH

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 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. served with freshly baked Wild farmed bread & toppings				
EARLY YEARS MAIN EVENY	Spud society Beans & cheese	Chicken , cucumbers & cheese wrap	Sausage meatballs and gravy	Spaghetti bolognaise Garlic bread	Tomato, mozzarella & basil pizza
THE MAIN EVENT	Spud society Loaded spuds with choice of toppings	Chicken wrap sauces salad & toppings	Cumberland pork sausages with gravy & sticky onions	Spaghetti bolognaise Garlic focaccia	Pizza bar Margaretta Ham & pineapple Spinach & red onion
NOURISH	Crispy sweet & sour tofu	Halluimi peppers & roasted tomatoes wraps	Plant based frankfurter with sticky onions	Quorn bolognaise	Chickpea lentil & spinach biryani
DAILY SPECIAL	Vegetable curry with rice & mango chutney	Kale, spinach, pepper shakshuka topped with egg with rice	Butternut and mixed bean ragu	Roasted vegetable & halloumi stuffed pepper	Spanish frittata
ON THE SIDE	Green beans Cauliflower florets	Spiced wedges Sweetcorn, Roasted pumpkin	Mash potato Carrots, roasted butternut	spaghetti Broccoli Roasted leeks	French fries Peas Cabbage
SALAD BAR	EVERYDAY - Selection of simple salads, composite salads, protein items, dressings & toppings				
BAKED POTATO BAR	EVERYDAY – Plain jacket potato, grated cheese, baked beans, line caught tuna & mayonnaise				
DESSERT STATION	Lemon drizzle cake	Bakewell tart & cream	Cut fruit and smoothies	Ginger & honey slice With custard	Chocolate crunch pudding
	Freshly made yogurt, sugar free jelly & daily dessert pots				