

BREAKFAST

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Cereals	Cheerios , Weetabix , Rice Crispies, Bran flakes Porridge Pot				
Hot Counter	Bacon Scrambled Egg Baked Beans	Hash Browns Fried Eggs Baked Beans	Pork Sausage Poached Egg Baked Beans	Hash Browns Fried Eggs Baked Beans	Pork Sausage Scrambled Egg Baked Beans
Pastries Item	Croissant	Pan au Chocolate	Croissant	Pan au Chocolate	Croissant
Smoothie	Mixed Berries	Strawberry and Banana	Mixed Berries	Strawberry and Banana	Mixed Berries
Toasted Items (all served with a selection of jams & spreads)	50/50 Toast	Toasted Crumpets	Toasted English Muffin	Bagel	Toasted Items

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.				
Classic	Beef Ragu	Chicken Tikka	Roast Chicken	Toad in the Hole	Fish Goujon
Nourish	Vegetable Lasagna	Red Lentil Dhul	Butternut & Pumpkin Seed Wellington	Vegetable Toad in the Hole	Bubble and Squeak Cake
On the side	Roasted Med Veg Spaghetti Steamed Carrots	Steamed Rice Chutney Peas Wholemeal Naan Bread	Roast Potato Steamed Cabbage Sweetcorn	Mash Potato Green Beans Steamed Leeks	Skin on Fries Crushed Peas Baked Beans
Jacket & pasta	Jacket potato Baked beans Grated cheese Tuna mayo	50/50 Pasta Rich chunky Tomato sauce Grated cheese	Jacket potato Baked beans Grated cheese Tuna mayo	50/50 Pasta Ratatouille Grated cheese	Jacket potato Baked beans Grated cheese Tuna mayo
Salad bar	Daily selection of simple & complex salads, protein items, dressings & toppings				
Dessert	Lemon Drizzle	Yoghurt, jelly & fruit	Peach & Apricot Crumble and Custard	Yoghurt, jelly & fruit	Rice Krispy Cake

LUNCH

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.				
Classic	Pork & Beef Meatballs	Chicken Chow Mein Noodles	Roast gammon	Spiced Beef Soft Tacos	Chicken Goujon
Nourish	Creamy Wild Mushroom	Vegetable Spring Rolls	Stuffed Peppers	Mixed Bean Chilli	Broccoli & Cheese Tart
On the side	Mash Potato Creamy Gravy Green Beans Cabbage	Pickled Cucumber Steamed Carrots Crispy Kale	Roast Potato Roast Parsnips Peas	Tortilla Chips Sweetcorn Lime Rice Sour Cream & Salsa	Seasoned Wedges Baked Beans Peas
Jacket & pasta	50 /50 pasta Red pepper & tomato sauce Grated cheese	Jacket potato Baked beans Grated cheese Tuna mayo	50/50 Pasta Cheese sauce	Jacket potato Baked beans Grated cheese Tuna mayo	50/50 Pasta Tomato & basil sauce Grated cheese
Salad bar	Daily selection of simple & complex salads, protein items, dressings & toppings				
Dessert	Rocky Road	Yoghurt, jelly & fruit	Toffee and Honeycomb Cupcake	Yoghurt, jelly & fruit	Rice Pudding with Fruit Compote

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.				
Classic	‘Meat Free Monday’ Hidden Vegetable Pasta Bake	Crispy Orange Chicken	Roast Turkey	Sausage Casserole	‘Burger day’ Beef Burger Or Bean Burger
Nourish	Pesto Roasted Gnocchi	Hoi Sin Roasted Peppers	Mushroom and Brie Parcel	Quorn Mince Cottage Pie	
On the side	Garlic Bread Sweetcorn Broccoli	Noodles Stir Fried Vegetable Roasted Cauliflower	Roast Potatoes Peas Crushed Sweed	Mash Potato Green Beans Carrots	Diced Potatoes Baked Beans Sweetcorn
Jacket & pasta	Jacket potato Baked beans Grated cheese Tuna mayo	50 /50 Pasta Tomato Sauce Grated Cheese	Jacket potato Baked beans Grated cheese Tuna mayo	50/50 pasta Pesto Grated cheese	Jacket potato Baked beans Grated cheese Tuna mayo
Salad bar	Daily selection of simple & complex salads, protein items, dressings & toppings				
Dessert	Iced Chocolate Sponge	Yoghurt, jelly & fruit	Syrup Sponge and Custard	Yoghurt, jelly & fruit	Apricot and White Chocolate Cookie

DINNER

TEA REX	Monday	Tuesday	Wednesday	Thursday	Friday
TEA WEEK 1	Chicken Katsu Curry Or Breaded Butternut Steamed Rice Corn	Homemade Fish cake Peas Mixed Leaf salad	Beef Chilli Con Carne Rice Sweetcorn	Mini Chicken Burgers Or Crispy Veggie Burger Baked Wedges Green Beans	Mixed Sandwich Fresh Crudites Crisp
A SIMPLE SALAD SELECTION WILL BE OFFERED					
SOMETHING SWEET	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter
TEA WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
TEA WEEK 2	Cheese and Mixed Bean Quesadilla Wedges Mixed beans	Tomato & Chicken Pasta Bake Garlic Bread Sweetcorn	Cheese & Tomato Pizza Diced Potato's Chopped Salad	Fish Finger Fries Peas	Mixed Sandwich Fresh Crudites Crisp
A SIMPLE SALAD SELECTION WILL BE OFFERED					
SOMETHING SWEET	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter
TEA WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
TEA WEEK 3	Pork Sausage Rolls Or Vegan Sausage roll Beans Mash Potato	Chicken Tikka Rice Cauliflower	Sweet and Sour Chicken Steamed Noodles Sweetcorn	Creamy Sausage Pasta Mixed Vegetables Garlic Bread	Mixed Sandwich Fresh Crudites Crisp
A SIMPLE SALAD SELECTION WILL BE OFFERED					
SOMETHING SWEET	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter	Fresh Yoghurt /Jelly Fruit Platter