

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.				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Tandoori chicken	Cumberland sausages	Beef lasagne al forno with garlic crumb topping	Roast turkey	Chicken burger with tomatoes & iceberg lettuce
	Vegetable biriyani with roasted chickpeas	Vegetarian toad in the hole wrap	Roasted mediterranean vegetables & feta pasta bake	Garlic & herb cheese stuffed portobello mushroom	Buffalo cauliflower burger with chilli sauce
SIDES	Pilau rice Vegetable curry sauce Homemade Indian bread Roasted broccoli & Cauliflower	Mashed potato Roasted carrots, cabbage, leeks & fresh green beans Gravy	Homemade garlic focaccia Roasted peppers, sweetcorn & tenderstem broccoli	Roast potatoes Honey roasted carrots & parsnips Fresh green beans & sugar snaps Yorkshire pudding Gravy	Fries Corn on Cob Baked beans
ALTERNATIVE	Baked potato Grated cheddar Baked beans Tuna mayonnaise	Wholemeal pasta Chunky vegetable & Tomato sauce	Baked potato Grated cheddar Baked beans Tuna mayonnaise	3 veg mac & cheese	Goan fish curry
SALAD BAR	Cypriot grain salad BBQ chicken drumsticks	Free-range hard-boiled eggs Cucumber, dill & yoghurt salad with smoked mackerel	Asian style vegetable salad with edamame beans & miso dressing Chargrilled chicken, cherry tomato & basil pasta salad	Harissa spiced halloumi with Israeli cous cous & mint yoghurt Sticky beef noodle salad with lotus root	Chef's choice
	Served daily a selection of simple salads, dressings & toppings				
DESSERT	Apple & pear wholemeal crumble with vanilla custard	Carrot & courgette cake topped with cream cheese frosting	Rocky road	Low sugar iced lemon & poppy seed cake	Treacle sponge & ice cream
EVERY DAY	Daily selection of whole fruit, cut fruit and a yoghurt bar with homemade granola				

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.				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Chicken & lentil Balti	Beef fajita	Korean pulled chicken Hirata bun With gochujang sauce	Roast gammon	Battered sustainable white fish
	Butternut squash, paneer cheese & potato saag	Vegetable & red kidney bean quesadilla	Crispy tofu Hirata bun Topped with kimchi	Vegetable & lentil Cornish pasty	Spiced halloumi, pearl barley & roasted vegetables wrap with sweet chilli mayo
SIDES	Mixed steamed rice Roasted cauliflower & Chickpeas Vegetable Pakora	Mexican sweet potato wedges Corn on the cob Broccoli florets Sour cream Guacamole Salsa	Korean fried rice Soy & ginger stir fry vegetables	Roast potatoes Roasted carrots, cauliflower, mange tout & sugar snaps Yorkshire pudding Gravy	Chips Baked beans Garden peas Lemon wedges Tartare sauce
ALTERNATIVE	Baked potato Grated cheddar Baked beans Tuna mayonnaise	Wholewheat pasta Mascarpone & tomato sauce	Baked potato Grated cheddar Baked beans Tuna mayonnaise	Pasta Ratatouille	Vegan Mexican bean loaded sweet potatoes
SALAD BAR	Buddha bowl with crushed avocado Sliced honey roast gammon	Feta & beetroot salad with black turtle beans Chicken Caesar salad	Mezze board with falafels & houmous Tuna nicoise salad	Cottage cheese power Bowl with farro & Roasted sweet potato with lemon tahini Dressing Prawn cocktail	Chef's choice
	Served daily a selection of simple salads, dressings & toppings				
DESSERT	Scrumble Bar	Oreo muffin	Lemon polenta cake	Chocolate crunch bar	Wholemeal shortbread biscuit
EVERY DAY	Daily selection of whole fruit, cut fruit and a yoghurt bar with homemade granola				

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.				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Sweet & sour chicken	Beef ragu	Chicken souvlaki	Roast pork	BBQ chicken & sweetcorn pizza
	Teriyaki tofu	Celeriac & goats cheese pizza with ratatouille	Vegetable & chickpea souvlaki	Leek, mushroom & goats cheese Yorkshire pudding wrap	Margherita pizza
SIDES	Steamed rice Soy & ginger oriental vegetables Prawn crackers	Wholemeal pasta Homemade garlic & herb bread Broccoli, roasted pepper & sweetcorn	Flatbread Grilled peppers, courgettes & Garlic yoghurt Hot sauce	Roast potatoes Roasted carrots, parsnips, green beans. mange tout Yorkshire pudding gravy	French fries Baked beans Corn on the cob
ALTERNATIVE	Spaghetti Tomato & basil sauce	Baked potato Grated cheddar Baked beans Tuna mayonnaise	Wholemeal penne pasta Roasted red pepper tomato & basil sauce	Baked potato Grated cheddar Baked beans Tuna mayonnaise	Thai fish cake with sweet chilli sauce
SALAD BAR	Asian Style Vegetable Salad with Edamame Beans & Miso Dressing Teriyaki chicken	Super foods salad with toasted seeds Chorizo, sweet potato & mixed bean	Greek salad Ham hock & potato salad	5 bean & butternut salad Coronation chicken	Chef's choice
	Served daily a selection of simple salads, dressings & toppings				
DESSERT	Peach melba sponge & custard	Granola bar	Choc chip cupcake	Banoffee pot	Rhubarb & apple crumble with custard
EVERY DAY	Daily selection of whole fruit, cut fruit and a yoghurt bar with homemade granola				