

BREAK TIME

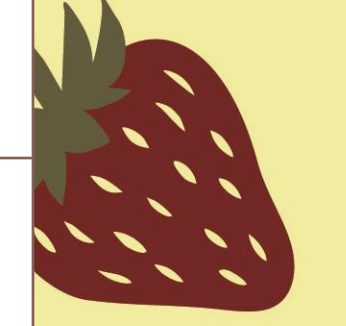
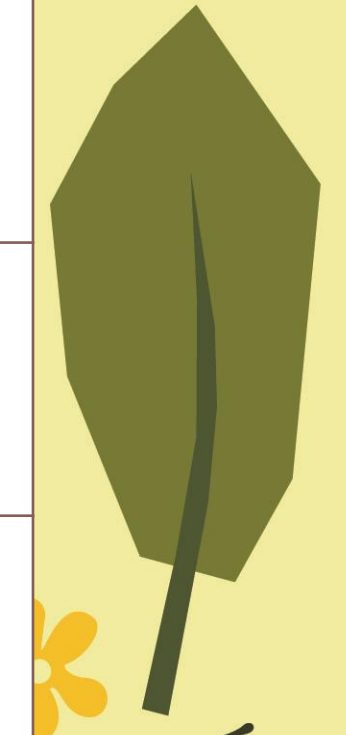
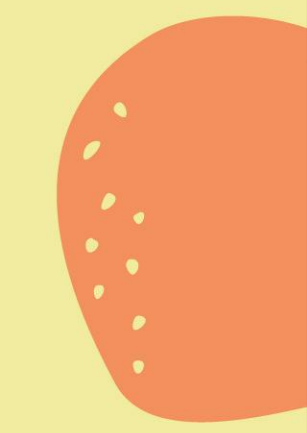
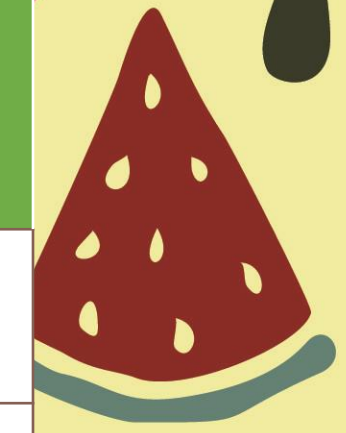
Week 1 13 th April, 4 th May, 1 st & 22 nd June		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Summer fruit	Lemon and lime	Fresh watermelon	Sliced cucumber and mint	Citrus water	
DAILY BREAKFAST ITEMS	Assorted fresh fruit	fresh baked cookies	Lemon drizzle	Assorted fresh fruit	fresh baked cookies	
Week 2 20 th April, 11 th May, 8 th & 29 th June		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Sweet honeydew melon	Blood orange	Mixed apple	Fresh berries	Mint and lemon	
DAILY BREAK TIME ITEMS	Assorted fresh fruit	fresh baked cookies	Mini jam doughnuts	Assorted fresh fruit	fresh baked cookies	

BREAK TIME


Week 3 27 th April, 18 th May, 15 th June & 6 th July	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HYDRATION	Red apples	Strawberry and mint	Summer fruit	Fresh pineapple	Lemon and orange
DAILY BREAKFAST ITEMS	Assorted fresh fruit	fresh baked cookies	Mini waffles	Assorted fresh fruit	fresh baked cookies

LUNCH


Week 1 13th April, 4th May, 1st & 22nd June	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	Hawaiian pizza	Buttered chicken curry	Italian beef lasagne	Teriyaki chicken	Cod fish fingers Pollock fillets
	Margherita pizza	Buttered Quorn curry	Italian vegetable lasagne		Stuffed peppers
SIDES	Baton carrots Steamed green peas	Herb new potatoes Pitta bread Basmati rice	Steam broccoli Ratatouille Garlic butter ciabatta	Japanese stir fry vegetables Couscous Sauté courgette	Garden peas Chipped potatoes Mushy peas
DESSERT	Flavour jelly	Orange and chocolate cake	Strawberry Eaton mess	Raspberry jelly pots	Rocky Road
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				



LUNCH

Week 2 20 th April, 11 th May, 8 th & 29 th June	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	Cheese ham panini	Beef chilli con carne	Chicken korma	Roast gammon Vegetable Wellington	Pollock fillet Cod fish fingers
	Cheese tomato panini	Soya mince chilli con carne	Chickpea korma		Cheese spring onion loaded potatoes
SIDES	Seasoned wedges Sauté mushrooms Balsamic tomatoes	Sauté Peppers Buttered beans Corn on the cob	Bombay potatoes Naan bread Rice Potato filled samosa	Roasted potatoes Carrots Savoy cabbage	Chips Garden peas Mushy peas
DESSERT	Raspberry jelly pots	Apple pie and cream	Fruit iced-lollies		Flavour jelly pots
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

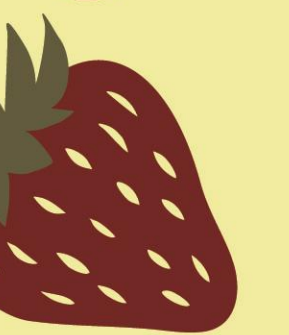
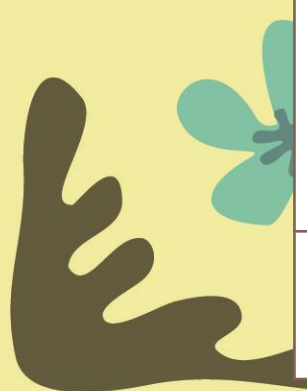
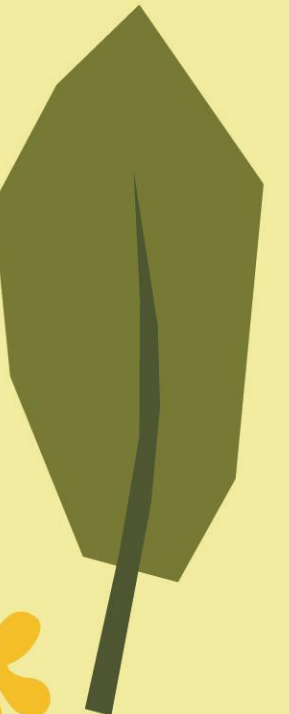
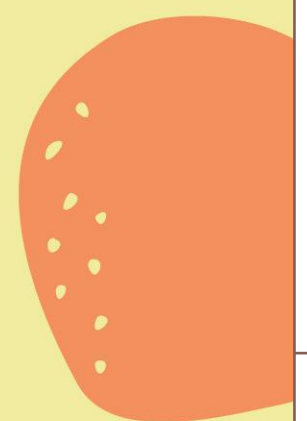
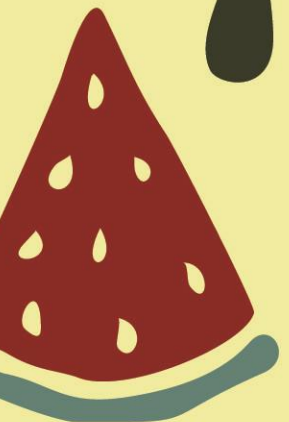
LUNCH

Week 3 27 th April, 18 th May, 15 th June & 6 th July	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	Three cheese Macaroni with ham	Smashed cheese beef burger	Chicken tomato pasta bake	BBQ Pulled pork BBQ Pulled mushrooms Battered sweetcorn Roasted carrots Hey parsnips	Pollock fish Cod fish fingers
	Three cheese macaroni	American cheese & bean burger	Cheese tomato pasta bake		Vegan fish fingers Leek and potato Bake
SIDES	Roasted cauliflower Garlic bread Peas and corn medley	Juliane fries Roasted courgettes Steamed broccoli	Garlic focaccia Roasted butter squash Herb roasted mushrooms		Chips Mushy peas Garden peas
DESSERT	Raspberry jelly pots vegan	Coconut and raisin flapjack	Choc-ices	Strawberry jelly pots Vegan	Marble cake
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

SALAD

Week 1 13 th April, 4 th May, 1 st & 22 nd June	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD ITEMS	Mixed leaf Cucumber tomatoes	Mixed leaf Cucumber tomatoes	Mixed leaf Cucumber tomatoes	Mixed leaf Cucumber tomatoes	Mixed leaf Cucumber tomatoes
COMPOSITES	Tomato olives and mozzarella salad Sundried tomato pesto and couscous	Beetroot and rocket leaf with toasted pumpkin seeds	Rainbow slaw with balsamic glaze Greek salad	Pea mint and feta salad Coronation chicken salad	Jewelled couscous Red apple coleslaw
PROTIENS	Boiled eggs Tuna mayo	Boiled eggs Tuna mayo	Boiled eggs Tuna mayo	Boiled eggs Tuna mayo	Boiled eggs Tuna mayo

SELECTION OF DRESSINGS & TOPPINGS



SALAD

Week 2 20 th April, 11 th May, 8 th & 29 th June	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD ITEMS	Mixed leaf Cucumber tomatoes	Mixed leaf Cucumber tomatoes	Mixed leaf Cucumber tomatoes	Mixed leaf Cucumber tomatoes	Mixed leaf Cucumber tomatoes
COMPOSITES	Creamy coleslaw Chilli and ginger mix bean salad	Roasted vegetable pasta Beetroot red pepper and spinach	Potato salad Grated carrots with toasted seeds	Pesto pasta with cherry tomatoes Broccoli and pepper salad	Stir-fry noodles salad Spicy watermelon and tomato salad
PROTIENS	Boiled eggs Tuna mayo	Boiled eggs Tuna mayo	Boiled eggs Tuna mayo	Boiled eggs Tuna mayo	Boiled eggs Tuna mayo
SELECTION OF DRESSINGS & TOPPINGS					

SALAD

Week 3 27 th April, 18 th May, 15 th June & 6 th July	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD ITEMS	Mixed leaf Cucumber tomatoes	Mixed leaf Cucumber tomatoes	Mixed leaf Cucumber tomatoes	Mixed leaf Cucumber tomatoes	Mixed leaf Cucumber tomatoes
COMPOSITES	Mexican five bean salad Mixed pepper and sweetcorn salad	Roasted chickpea and vegetables salad Tomato chives and rocket leaf salad	Pesto pasta with basil and cherry tomatoes Avocado kale salad with carrot and ginger dressing	Butternut squash with rocket leaf and feta cheese Sweetcorn	Spring garden salad
PROTIENS	Boiled eggs Tuna mayo	Boiled eggs Tuna mayo	Boiled eggs Tuna mayo	Boiled eggs Tuna mayo	Boiled eggs Tuna mayo

SELECTION OF DRESSINGS & TOPPINGS