

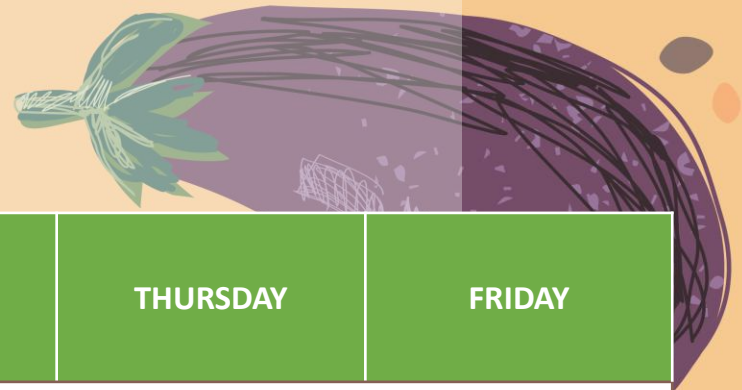
LUNCH

Week 1 31 st August, 28 th September, 2 nd & 23 rd November	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, cherry tomato & basil penne pasta bake	Slow cooked shoulder of pork with thyme & garlic	Shepherds pie with mash potato & chive topping	Traditional spaghetti beef bolognese with parmesan	Breaded fish fingers fillet with lemon wedge
	Cherry tomato, pepper & basil penne pasta bake	Loaded three cheese potatoes with sundried tomatoes	Plant based shepherd's pie with crispy chickpeas	Spaghetti veggie bolognese with mushrooms & blackeye beans	Baked sweet potato moussaka with Feta crust
SIDES	Garlic bread & roasted root vegetables	Roast potatoes, carrots, green beans & apple sauce	Roasted herby carrots, savoy cabbage & gravy	Broccoli & buttered sweetcorn	French fries, home-made mushy peas, garden peas & tartare sauce
DESSERT	Strawberry Jelly	Pear & cinnamon sponge with Greek yoghurt	Apple crumble with custard sauce	Raspberry Jelly	Classic sticky toffee pudding with caramel custard
EVERY DAY	Salad bar - Every day on salad bar is a selection of core salads, fresh bread plus composite salads and dressings Gluten and dairy free desserts are available daily along with a selection of dessert pots, fresh fruit & yoghurt				

LUNCH

Week 2 7th September, 5th October, 9th & 30th November		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		Mild lamb chilli with cheesy nachos & tomato salsa	Sweet & sour chicken with charred pineapple	Pork & leek sausage with caramelised onion gravy	Roast chicken with rosemary, lemons & garlic	Fish Fingers with tartare sauce
		Mediterranean vegetable chilli with butterbeans	Open bean burger on ciabatta with BBQ sauce	Quorn sausage with caramelised onion gravy	Cheese, potato & leek bake with spinach pesto	Roast vegetable & Feta tart with crisp green salad
SIDES		Braised rice, sweetcorn & roasted peppers	Egg noodles, soy glazed broccoli & baby corn	Mashed potato, mixed vegetables & Yorkshire pudding	Roast potatoes, season vegetables	Chipped potatoes, minted peas & baked beans
DESSERT		Raspberry Jelly	Fruity flapjack	Apple & cranberry crumble with custard	Strawberry Jelly	Treacle sponge with vanilla custard
EVERY DAY		Salad bar - Every day on salad bar is a selection of core salads, fresh bread plus composite salads and dressings Gluten and dairy free desserts are available daily along with a selection of dessert pots, fresh fruit & yoghurt				

LUNCH



Week 3 14th September 12th October 16th Nov & 7th December		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	Penne carbonara with bacon & parmesan	Mild beef curry with poppadum’s & mango chutney	Chicken & onion pie with puff pastry	Beef hot pot topped with boulangere potatoes	Breaded fish fillet with tartare sauce & lemon	
	Onion & tomato puff pastry tart with parmesan	Root vegetable & lentil curry with poppadum’s & mango chutney	Leek & oyster mushroom pie with puff pastry	Cauliflower mac & cheese with herby breadcrumbs	Black bean Burger with sriracha mayo & rocket	
SIDES	Focaccia bread Sweetcorn & green beans	Steamed rice, cauliflower aloo & cumin carrots	Herby new potatoes Roasted butternut squash Chicken gravy	Honey roasted parsnips Sautéed sweetheart cabbage	Chips, peas, baked beans & tartare sauce	
DESSERT	Strawberry Jelly	Lemon drizzle sponge	Autumn fruit crumble & custard	Raspberry jelly	Double chocolate brownie	
EVERY DAY	Salad bar - Every day on salad bar is a selection of core salads, fresh bread plus composite salads and dressings Gluten and dairy free desserts are available daily along with a selection of dessert pots, fresh fruit & yoghurt					