LUNCH

Week One 5th & 26th Jan, 9th March	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 NORRISH, NURTURE AND SUSTAIN	3 cheese Macaroni, topped with Breadcrumbs	Hot and spicy Jollof rice made with chilli, tomato, fresh ginger, herbs and red peppers topped with chilli tempeh	Caramelised Red onions and Goat Cheese Frittata	Persian Rice cooked with Potatoes, Aubergines and Apricots	Margherita Pizza topped with golden melted cheese (VG, GF)
	50/50 Spaghetti with vegetable bolognaise (VG, GF)	Chilli sin Carne made with fresh Peppers and Beans (VG, GF)	Butternut Squash and Parmesan Penne Pasta Bake in Tomato and Basil Sauce (VG, GF)	Teriyaki Tofu and Stir Fry Vegetable in Sesame Oil (VG, GF)	BBQ Jackfruit Half Panini With Rainbow Slaw
SIDES	Garlic Bread, Broccoli and Sweetcorn	Steamed Rice, Carrots and Baked Tortilla Chips	Whole baby roasted Potatoes Wilted Greens	Steamed Rice and Sweet corn	Skin on Potato Wedges and Peas
DESSERT	Flapjacks	Chocolate Cake	Mid week yoghurt bar with fruits and toppings	Apple Strudel served with Cream	Chocolate Chip Cookie
EVERY DAY	Everyday on the salad bar is a selection of core salads, fresh bread plus composite salads and dressings, for a lighter lunch option our jacket potato plain pasta and tomato sauce and sandwich bars are available with a selection of fillings and toppings				

FEEDING INDEPENDENT MINDS

LUNCH

Week Two 12th Jan,2nd Feb, 2nd & 23rd March	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 NORRISH, NURTURE AND SUSTAIN	Potato Gnocchi or Penne with a Spicy Mushroom Arrabbiata Sauce and Cheese	Mixed Vegetables Chow Mein with Egg Noodles	Roasted Root Vegetable Lasagne served with Garlic Bread	Cauliflower and Cannellini Beans Cheese Bake (VG, GF)	Spicy Bean Burger served with Cheese Sauce and Gherkins(VG, GF)
	Spinach and Vegetable Biryani served with Cucumber Raita (VG, GF)	Jerk Cauliflower Served with Coconut Rice and Peas (VG, GF)	Jerusalem Artichokes Risotto (VG, GF)	Handmade Vegetable Sausage Roll (VG)	Singapore Fried Rice (VG, GF)
SIDES	Garlic Flatbread and Broccoli	Oven Baked Sweet Potato Wedges and Coleslaw	Steamed Broccoli and Corn on the Cob	Mashed Potato and Honey Roasted Parsnips	French Fries and Creamy Coleslaw
DESSERT	Classic Eton Mess	Marble Cake with Custard	Mid week Yoghurt Bar with Fruits and toppings	Vegan Lemon Drizzle Cake	Home Made Chocolate Shortbread
EVERY DAY	Everyday on the salad bar is a selection of core salads, fresh bread plus composite salads and dressings, for a lighter lunch option our jacket potato plain pasta and tomato sauce and sandwich bars are available with a selection of fillings and toppings				

LUNCH

Week Three 19th Jan, 9th Feb, 9th March	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 NORRISH, NURTURE AND SUSTAIN	Tofu and Broccoli Stir Fry with Steamed Rice (VG, GF)	Spinach and Ricotta Tortellini in a creamy Cheese Sauce	Vegetable Balti with a Cucumber Yogurt and Mango Chutney (VG, GF)	Egg fried Rice with Baby Corn, Mange tout and Spring Onions (VG, GF)	Southern Fried Quorn Plant Based Nuggets (VG)
	Tadka Dhal with Rice and Poppadums' (VG, GF)	Pumpkin Seed and Green Pesto Wholemeal Fusilli Pasta (VG, GF)	Vegetable Pad Thai with Rice Noodles (VG, GF)	Grilled Halloumi, Peppers and Red Onions Kebab in a Spicy Tomato sauce (GF)	Baked Aubergine Parmigiana in a rich Tomato and Basil Sauce (VG, GF)
SIDES	Cucumber salad and Corn on the Cob	Garlic Focaccia, Roasted Carrots & Courgettes	Naan Bread, Oven Baked Mini Spring Rolls and Steamed Rice	Crushed New Potatoes and Peas with Mint	Baked Beans & Chips
DESSERT	Banana Cake with Vanilla Custard	Rice Pudding with Strawberry jam	Mid week Yogurt bar with fruits and toppings	Chocolate Brownie with Cream	Homemade Lemon Shortbread
EVERY DAY	Everyday on the salad bar is a selection of core salads, fresh bread plus composite salads and dressings, for a lighter lunch option our jacket potato, plain pasta and tomato sauce and sandwich bars are available with a selection of fillings and toppings				

FEEDING INDEPENDENT MINDS