

LUNCH WK3

w/c 5th October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Biscuits Whole Fruit	Fresh Fruit	Pain au Chocolate Whole Fruit	Biscuits Pineapple & Melon Slices	Humous & Breadsticks Whole Fruit
 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 Gyros, Flatbread, Tzatziki, Onions & Tomatoes	ALLERGY FRIENDLY MENU Lemon. Garlic & Herb Roasted Chicken & Gravy Harvest Roast Vegetable Loaf & Gravy	Tuscan Chicken Bake Chicken, Cheese & Spinach & Tomato Wholemeal Pasta Wholemeal Pasta with choice of Creamy Crab Sauce or Arrabbiata	Peking Beef with Fried Noodles & Prawn Crackers	BBQ Chicken Leg with Mango Salsa
	Vegetable Gyros, Flatbread, Tzatziki, Onions & Tomatoes			Stir Fry Tofu & Black Bean Sauce with Noodles	Caramelised Onion & Quorn Sausage Roll
SIMPLE OPTION	Mac ‘n’ Cheese	Rice Noodles & Sweet Chilli Sauce	Jacket Potato, Beans & Cheese	Pasta & Tomato Sauce	Tomato & Mascarpone Gnocchi
SIDES	Garlic & Herb Potatoes Green Beans Confit Tomato	Roasted Potatoes Broccoli Honey Roasted Carrots	Garlic & Rosemary Focaccia Creamed Leeks Sweetcorn	Chinese Leaf Caramelised Carrots	French Fries Baked Beans Corn on Cob
DESSERT	Ginger Cake & Maple Frosting	Coconut Rice Pudding	Biscoff Cheesecake	Lemon Meringue Pie	Sticky Toffee Pudding & Cream
	Selection of Fresh Fruit, Yoghurt & Jellies				
LITTLE TEA	Chocolate Chip Sponge	ALLERGY FRIENDLY Chocolate Cake	 Granola Flapjack Bar	Tottenham Cake	Chocolate Muffin

SUPPER WK3

w/c 5th October

w/c 5 th October		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			Smoked Salmon, Avocado & Poached Egg Bagel	Sausages, Scrambled Egg, Hash Brown & Baked Beans	French Toast, Bacon & Maple Syrup	Sausage Patti, Fried Egg & Toasted Muffin
		Cereal, Toast, Yoghurt, Fruit & Juices				
MAIN COURSE ONE	Chicken Penang Curry Mild Spiced Thai Curry with Chicken & Coconut Milk	Shepherd’s Pie Minced Lamb & Root Vegetables Topped with Creamed Potato	DIY Pizza Night BBQ or Tomato & Mozzarella Bases Choice of toppings Chicken Ham Red Onions Peppers Mushrooms	Creamy Sausage & Fennel Ragu with Paradelle		
MAIN COURSE TWO	Vegetable Penang Curry Mild Spiced Thai Curry with Tofu & Seasonal Vegetables	Vegetable Shepherd’s Pie Minced Quorn & Root Vegetables Topped with Creamed Potato		Roasted Tomato & Vegetable Ragu with Pappardelle		
ON THE SIDE	Sticky Rice Sauté Asian Greens Prawn Crackers	Peas Honey Glazed Carrots Gravy	Cajun Wedges Coleslaw	Garlic Focaccia Roasted Cauliflower Tricolour Salad		
DESSERT	Chocolate Brownie & Cream	Tropical Fruit Posset	Panna Cotta with Pumpkin Seed Tuille	Gooey White Chocolate Chip Cookie Dough		
	Selection Fresh Fruit, Yoghurt & Jellies					

LUNCH WK1

w/c 12th October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Biscuits Whole Fruit	Pain Au Chocolate Whole Fruit	Mozzarella Sticks Whole Fruit	Biscuits Pineapple & Melon Slices	Humous & Breadsticks Whole Fruit
 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	Firecracker Chicken, Bite Sized Chicken with a Sweet & Tangy sauce	Pork Stroganoff Tender Pork with a Mushroom Cream Sauce	Beef Lasagne with Garden Salad	Butter Chicken Curry, Poppadums, Mango Chutney & Raita	Cumberland Hot Dog, Brioche Roll, Caramelised Onions & Crispy Onions, Gherkins, Jalapenos, Ketchup & Mustard
	Bang Bang Cauliflower Crunchy Cauliflower with Mild Sweet Chilli Sauce	Mushroom Stroganoff Mushrooms & Lentils with a Cream Sauce	Butternut Squash & Spinach Lasagne with Garden Salad	Sweet Potato, Chickpea & Spinach Curry Poppadums, Mango Chutney & Raita	Quorn Hot Dog, Brioche Roll, Caramelised Onions & Crispy Onions, Gherkins, Jalapenos, Ketchup & Mustard
SIMPLE OPTION	Jacket Potato, Beans & Cheese	Wholemeal Pasta & Tomato Sauce	Jacket Potato, Beans & Cheese	Teriyaki Noodles	Creamy Fish Pie
SIDES	Rice Peas Roasted Butternut Squash	Mash Potato Roasted Carrots Sauté Spinach	Garlic Bread Broccoli Baked Aubergine	Coconut Rice Masala Cauliflower Green Beans	French Fries Baked Beans Corn on Cob
DESSERT	Tres Leches Cake	Steamed Cherry Sponge & Custard	Lemon Tiramisu	Pear & Raspberry Crumble & Cream	Salted Caramel Brownie
	Selection of Fresh Fruit, Yoghurt & Jellies				
LITTLE TEA	 Jammy Fruit Oat Slice	Red Velvet Cake	Salted Caramel Cookie	 Chocolate Beetroot Cake	 Raspberry & Yoghurt Muffin

SUPPER WK1

w/c 12th October

w/c 12 th October	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Sausages, Scrambled Egg, Hash Brown & Baked Beans	Sausage Pattie & Fried Egg & Toasted Muffin	Waffle, Bacon & Maple Syrup	Smoked Salmon, Avocado & Poached Egg Bagel
		Cereal, Toast, Yoghurt, Fruit & Juices			
MAIN COURSE ONE	DIY Crispy Shredded Duck Bao Buns	Smash Burger, Brioche Bun, Lettuce, Tomato, Cheese & Burger Sauce	Grilled Chicken Fajitas Tex Mex Chicken Strips, Onions & Pepper with a Tortilla Wrap	Tangy BBQ Pork Meatballs	
MAIN COURSE TWO	DIY Hoisin Jackfruit Bao Bun	Vegetable Pattie, Brioche Bun, Lettuce, Tomato, Cheese & Burger Sauce	Chipotle Quorn Fajitas Spiced Quorn Strips with Onions & Pepper with a Tortilla Wrap	Mushroom & Lentil Veggie ‘Meatballs’	
ON THE SIDE	Stir Fry Vegetable Noodles Sauté Mangetout Crunchy Asian Slaw	Seasoned Fries Onion Rings Charred Corn on Cob	Loaded Sweet Potato Wedges Mange Tout Guacamole, Cheese, Sour Cream & Salsa	Mac ‘n’ Cheese Maple Glazed Carrots Rocket Salad	
DESSERT	Eton Mess Pot	No Bake Oreo Dessert	Churro Bites with Dulce de Leche	Classic Cookies & Milk	
	Selection Fresh Fruit, Yoghurt & Jellies				