

# LUNCH WK1

w/c 21<sup>st</sup> Sept

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

# SUPPER WK1

w/c 21<sup>st</sup> Sept

| w/c 21 <sup>st</sup> Sept |                                                                     | 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<br>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<br>Spiced Quorn Strips with Onions & Pepper with a Tortilla Wrap | Mushroom & Lentil Veggie ‘Meatballs’                   |                             |                                            |
| ON THE SIDE               | Stir Fry Vegetable Noodles<br>Sauté Mangetout<br>Crunchy Asian Slaw | Seasoned Fries<br>Onion Rings<br>Charred Corn on Cob                  | Loaded Sweet Potato Wedges<br>Mange Tout<br>Guacamole, Cheese, Sour Cream & Salsa       | Mac ‘n’ Cheese<br>Maple Glazed Carrots<br>Rocket Salad |                             |                                            |
| DESSERT                   | Eton Mess Pot                                                       | No Bake Oreo Dessert                                                  | Churro Bites with Dulce de Leche                                                        | Classic Cookies & Milk                                 |                             |                                            |
|                           | Selection Fresh Fruit, Yoghurt & Jellies                            |                                                                       |                                                                                         |                                                        |                             |                                            |
|                           |                                                                     |                                                                       |                                                                                         |                                                        |                             |                                            |

# LUNCH WK2

w/c 28<sup>th</sup> Sept

|                                                                                               | MONDAY                                                                                                                                                                                                                     | TUESDAY                                                                                                       | WEDNESDAY                                                                                                                                     | THURSDAY                                                                                                    | FRIDAY                                          |
|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| <b>MORNING BREAK</b>                                                                          | Biscuits<br>Whole Fruit                                                                                                                                                                                                    | Houmous & Breadsticks<br>Whole Fruit                                                                          | Mozzarella Sticks<br>Whole Fruit                                                                                                              | Pain au Chocolate<br>Whole Fruit                                                                            | Biscuits<br>Pineapple & Melon Slices            |
|  <b>SOUP</b> | 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. |                                                                                                               |                                                                                                                                               |                                                                                                             |                                                 |
| <b>MAIN MEALS</b><br><br><b>TO NOURISH,<br/>NURTURE AND<br/>SUSTAIN</b>                       | Pork Chipotle Burrito, Salsa,<br>Guacamole & Sour Cream                                                                                                                                                                    | Beef Meatballs, Tomato<br>Sauce & Spaghetti                                                                   | <u>Jacket Potato Bar</u><br><br>Coronation Chicken Curry<br><br>Beef Chilli<br><br>Tuna Mayo<br><br>Baked Beans<br><br>Cheese<br><br>Coleslaw | Chicken & Sweetcorn Pie<br>with Pastry Topping &<br>Gravy                                                   | Breaded Pollock, Tartare<br>Sauce & Lemon Wedge |
|                                                                                               | Black Bean & Vegetable<br>Burrito, Salsa, Guacamole<br>& Sour Cream                                                                                                                                                        | Spaghetti alla Puttanesca<br>A Rich Tomato sauce with<br>Mediterranean Flavours                               |                                                                                                                                               | Butterbean & Sweetcorn<br>Pie with Pastry Topping &<br>Gravy                                                | Beetroot Burger with<br>Avocado Salsa           |
| <b>SIMPLE OPTION</b>                                                                          | Pasta & Tomato Sauce                                                                                                                                                                                                       | Jacket Potato, Baked Beans<br>& Cheese                                                                        | Sweet Chilli Noodles                                                                                                                          | Pesto Pasta                                                                                                 | Creamy Butternut Squash<br>Risotto              |
| <b>SIDES</b>                                                                                  | Tortilla Chips<br>Cajun Peppers<br>Green Beans                                                                                                                                                                             | Peas<br>Roasted Aubergine                                                                                     | Broccoli<br>Sweetcorn                                                                                                                         | Mash Potato<br>Sauté Cabbage<br>Honey Roasted Parsnips                                                      | French Fries<br>Baked Beans<br>Mushy Peas       |
| <b>DESSERT</b>                                                                                | Orange Drizzle Pudding,<br>Orange Syrup                                                                                                                                                                                    | White Chocolate Cake,<br>Raspberry Sauce                                                                      | Banoffee Pie                                                                                                                                  | Treacle Pudding<br>& Custard                                                                                | Rocky Road                                      |
|                                                                                               | Selection of Fresh Fruit, Yoghurt & Jellies                                                                                                                                                                                |                                                                                                               |                                                                                                                                               |                                                                                                             |                                                 |
| <b>LITTLE TEA</b>                                                                             | <br>Sticky Date Rice Krispies                                                                                                          | <br>Carrot & Orange Cake | Lemon Fizz Cake                                                                                                                               | <br>Shortbread Biscuit | Mini Jam Donut                                  |

# SUPPER WK2

w/c 28<sup>th</sup> Sept

| w/c 28 <sup>th</sup> Sept |                                                             | MONDAY                                                                             | TUESDAY                                                      | WEDNESDAY                                    | THURSDAY                                          | FRIDAY |
|---------------------------|-------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------|---------------------------------------------------|--------|
| BREAKFAST                 |                                                             | Sausage Pattie, Fried Egg & Toasted Muffin                                         | French Toast, Bacon & Maple Syrup                            | Smoked Salmon, Avocado & Poached Egg Bagel   | Sausages, Scrambled Egg, Hash Brown & Baked Beans |        |
|                           |                                                             | Cereal, Toast, Yoghurt, Fruit & Juices                                             |                                                              |                                              |                                                   |        |
| MAIN COURSE ONE           | Poached Salmon, Saffron Cream Sauce                         | Anatolian Chicken Shish, Fluffy Flatbread Pocket                                   | Sticky Honey & Soy Pork Bites                                | Beef Bolognese with Rigatoni                 |                                                   |        |
| MAIN COURSE TWO           | Butterbean & Squash Ratatouille                             | Aubergine Shakshuka, Fluffy Flatbread Pockets                                      | Sticky Glazed Tofu Bites                                     | Garden Vegetable Bolognese with Rigatoni     |                                                   |        |
| ON THE SIDE               | Herb New Potatoes<br>Charred Broccoli<br>Baby Spinach Salad | Aromatic Bulgur Wheat<br>Grilled Biber & Red Peppers<br>Sumac Tomato & Onion Salad | Egg Fried Rice<br>Vegetable Spring Rolls<br>Steamed Bok Choi | Garlic Doughballs<br>Broccoli<br>Green Salad |                                                   |        |
| DESSERT                   | Pear Tarte Tatin                                            | Rice Pudding                                                                       | Mango Lassi Milkshakes                                       | Chocolate Brownie & Ice Cream                |                                                   |        |
|                           | Selection Fresh Fruit, Yoghurt & Jellies                    |                                                                                    |                                                              |                                              |                                                   |        |
|                           |                                                             |                                                                                    |                                                              |                                              |                                                   |        |

# LUNCH WK3

w/c 5<sup>th</sup> October

|                                                                                               | MONDAY                                                                                                                                                                                                                     | TUESDAY                                                                                                      | WEDNESDAY                                                                                                  | THURSDAY                                           | FRIDAY                                     |
|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------|--------------------------------------------|
| <b>MORNING BREAK</b>                                                                          | Biscuits<br>Whole Fruit                                                                                                                                                                                                    | Mozzarella Sticks<br>Whole Fruit                                                                             | Pain au Chocolate<br>Whole Fruit                                                                           | Biscuits<br>Pineapple & Melon Slices               | Humous & Breadsticks<br>Whole Fruit        |
|  <b>SOUP</b> | 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. |                                                                                                              |                                                                                                            |                                                    |                                            |
| <b>MAIN MEALS<br/>TO NOURISH,<br/>NURTURE AND<br/>SUSTAIN</b>                                 | Chicken Gyros, Flatbread,<br>Tzatziki, Onions & Tomatoes                                                                                                                                                                   | Hog Roast Pork, Brioche<br>Bun, Stuffing & Apple<br>Sauce                                                    | Tuscan Chicken Bake<br>Chicken, Cheese & Spinach<br>& Tomato Wholemeal Pasta                               | Peking Beef with Fried<br>Noodles & Prawn Crackers | BBQ Chicken Leg with<br>Mango Salsa        |
|                                                                                               | Vegetable Gyros,<br>Flatbread, Tzatziki, Onions<br>& Tomatoes                                                                                                                                                              | Chargrilled Halloumi &<br>Roasted Vegetable Stack                                                            | Wholemeal Pasta with<br>choice of Creamy Crab<br>Sauce or Arrabbiata                                       | Stir Fry Tofu & Black Bean<br>Sauce with Noodles   | Caramelised Onion &<br>Quorn Sausage Roll  |
| <b>SIMPLE OPTION</b>                                                                          | Mac ‘n’ Cheese                                                                                                                                                                                                             | Egg Noodles & Curry Sauce                                                                                    | Jacket Potato, Beans &<br>Cheese                                                                           | Pasta & Tomato Sauce                               | Tomato & Mascarpone<br>Gnocchi             |
| <b>SIDES</b>                                                                                  | Garlic & Herb Potatoes<br>Green Beans<br>Confit Tomato                                                                                                                                                                     | Roasted New Potatoes<br>Broccoli<br>Warm Apple Slaw                                                          | Garlic & Rosemary Focaccia<br>Creamed Leeks<br>Sweetcorn                                                   | Chinese Leaf<br>Caramelised Carrots                | French Fries<br>Baked Beans<br>Corn on Cob |
| <b>DESSERT</b>                                                                                | Ginger Cake<br>& Maple Frosting                                                                                                                                                                                            | Chocolate Croissant Pudding                                                                                  | Biscoff Cheesecake                                                                                         | Lemon Meringue Pie                                 | Sticky Toffee Pudding<br>& Cream           |
|                                                                                               | Selection of Fresh Fruit, Yoghurt & Jellies                                                                                                                                                                                |                                                                                                              |                                                                                                            |                                                    |                                            |
| <b>LITTLE TEA</b>                                                                             | Chocolate Chip Sponge                                                                                                                                                                                                      |  Spiced Apple Loaf Cake |  Granola Flapjack Bar | Tottenham Cake                                     | Chocolate Muffin                           |

# SUPPER WK3

w/c 5<sup>th</sup> October

| w/c 5 <sup>th</sup> 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             | Shepherd’s Pie<br>Minced Lamb & Root Vegetables Topped with Creamed Potato            | Chicken Penang Curry<br>Mild Spiced Thai Curry with Chicken & Coconut Milk       | <u>DIY Pizza Night</u><br><br>BBQ or<br>Tomato & Mozzarella Bases<br><br>Choice of toppings<br>Chicken<br>Ham<br>Red Onions<br>Peppers<br>Mushrooms | Creamy Sausage & Fennel Ragu with Paradelle               |                                           |        |
| MAIN COURSE TWO             | Vegetable Shepherd’s Pie<br>Minced Quorn & Root Vegetables Topped with Creamed Potato | Vegetable Penang Curry<br>Mild Spiced Thai Curry with Tofu & Seasonal Vegetables |                                                                                                                                                     | Roasted Tomato & Vegetable Ragu with Pappardelle          |                                           |        |
| ON THE SIDE                 | Peas<br>Honey Glazed Carrots<br>Gravy                                                 | Sticky Rice<br>Sauté Asian Greens<br>Prawn Crackers                              | Cajun Wedges<br>Coleslaw                                                                                                                            | Garlic Focaccia<br>Roasted Cauliflower<br>Tricolour Salad |                                           |        |
| DESSERT                     | Chocolate Pudding Pot                                                                 | Tropical Fruit Posset                                                            | Panna Cotta with Pumpkin Seed Tuille                                                                                                                | Gooey White Chocolate Chip Cookie Dough                   |                                           |        |
|                             | Selection Fresh Fruit, Yoghurt & Jellies                                              |                                                                                  |                                                                                                                                                     |                                                           |                                           |        |
|                             |                                                                                       |                                                                                  |                                                                                                                                                     |                                                           |                                           |        |