

LUNCH

	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	Loaded mac “n” cheese	Beef and vegetable Mexican pie	Harvest festival celebration meal Roasted chicken Honey roasted gammon	Sweet and sour chicken	Chefs’ sustainable catch of the day Pizza bar Fish fingers
	Pumpkin and white bean casserole	Tomato and cheese quiche	Broccoli and cauliflower cheese bake	Vegetable chow Mein	Falafel and houmous pitta pockets
SIDES	Crusty whole meal garlic bread Roasted carrot and kale	Tomato rice Sweetcorn, courgette and peppers	roast potatoes Stuffing Seasonal vegetables Gravy	Egg fried rice Noodles stir fried vegetables	Oven baked chunky chipped potatoes Minted green peas Baked beans
EVERYDAY	Assorted shortbread	Assorted yoghurt pot bar freshly fruit platters	Apple and raspberry crumble cake	Assorted yoghurt pot bar freshly fruit platters	Assorted healthy tray bakes
	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta, jacket bars and senior specials				