

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	Chicken and vegetable korma curry	Tomato, pepper and spinach pasta bake	Chicken and leek pie	Bonfire night menu Pulled pork in a bun Chilli con carne	Chefs' sustainable catch of the day Hot dog Sea dogs
	Butternut squash and sundried tomato risotto	Stuffed mushrooms and peppers	Roasted vegetable and chickpea moussaka	Vegan sausage casserole	Vegetable and bean quesadillas
SIDES	Basmati rice naan bread Chutney's Broccoli and carrot	Garlic pitta bread Roasted Mediterranean vegetables	Creamy mashed potato Kale, broccoli and peas	Jambalaya rice Spiced slaw Corn on the cob	Oven baked chunky chipped potatoes Minted green peas Baked beans
EVERYDAY	Carrot and orange cake	Assorted yoghurt pot bar freshly fruit platters	Cathrine pin wheel cookies Toffee apple 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				