







SENIOR SCHOOL LUNCH







Week 1

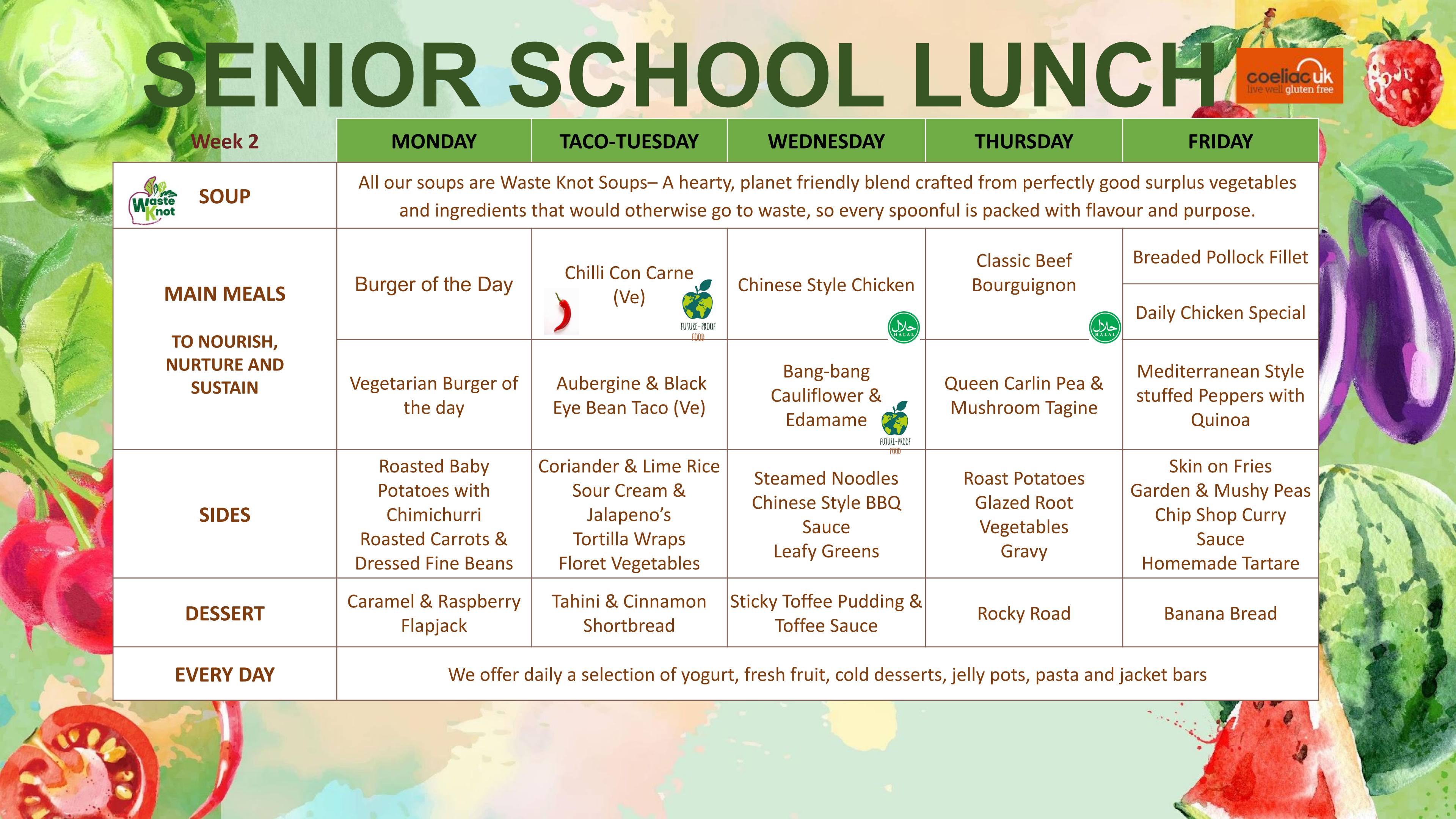
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 SOUP	All our soups are Waste Knot Soups– A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Italian Style Pork Bolognese 	Margherita Pizza	Curry of the Day  	Moroccan Lemon Chicken 	Breaded Pollock Fillet
	Gnocchi Gratin with Rocket Pesto	Ricotta & Spinach Cannelloni	Vegetarian Curry of the Day	Beetroot Hummus & Roasted Vegetable Flatbread 	Daily Chicken Special
SIDES	Rigatoni Pasta Parmesan Cheese Roasted Carrots & Dressed Fine Beans	Steamed Baby Potatoes with Garden Herbs Glazed Corn Cobs Garden Peas	Steamed Basmati Clay-baked Naan Mango Chutney Broccoli Sag Aloo	Sumac Baked Baby Potatoes Roasted Root Vegetables	Skin on Fries Garden & Mushy Peas Chip Shop Curry Sauce Homemade Tartare
DESSERT	Filled Doughnuts	Steamed Syrup Pudding & Custard	Strawberries & Cream Sponge	Chocolate Fudge Cake	Sicilian Orange Drizzle
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

SENIOR SCHOOL LUNCH



Week 2









	MONDAY	TACO-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	Burger of the Day	Chilli Con Carne (Ve)  	Chinese Style Chicken	Classic Beef Bourguignon	Breaded Pollock Fillet
	Vegetarian Burger of the day	Aubergine & Black Eye Bean Taco (Ve)	Bang-bang Cauliflower & Edamame 	Queen Carlin Pea & Mushroom Tagine	Daily Chicken Special
SIDES	Roasted Baby Potatoes with Chimichurri Roasted Carrots & Dressed Fine Beans	Coriander & Lime Rice Sour Cream & Jalapeno's Tortilla Wraps Floret Vegetables	Steamed Noodles Chinese Style BBQ Sauce Leafy Greens	Roast Potatoes Glazed Root Vegetables Gravy	Skin on Fries Garden & Mushy Peas Chip Shop Curry Sauce Homemade Tartare
DESSERT	Caramel & Raspberry Flapjack	Tahini & Cinnamon Shortbread	Sticky Toffee Pudding & Toffee Sauce	Rocky Road	Banana Bread
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				



SENIOR SCHOOL LUNCH

coeliacuk
live well gluten free

Week 3

	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	3 Cheese Lasagne (Ve) 	Lincolnshire Sausages	Breaded Chicken Fillet 	Pork Carnitas 	 International Day	
	Flamingo Pea & Wild Garlic Pearl Barley Risotto (Ve)	Best of British Vegetarian Sausa 	Breaded Quorn Fillet	Asparagus, Chive & Feta Tart 		
SIDES	Sorrel Roasted Carrots Dressed Fine Beans	Creamed Mash Balsamic Baby Onions Leafy Greens Gravy	Katsu Sauce  Steamed Rice Floret Vegetables	Mexican Roasted Potatoes & Wraps Calabacitas Mexican Style Corn		
DESSERT	Waffles with Rhubarb & Berry Compote	Chocolate Brownie	Summer Berry Crumble & Custard	Cherry Sponge		Themed Dessert
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars					