

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	Modern Italian 	Artisan Wholegrain Pizza, Toppings & Drizzles	Korean Glazed Chicken   	Cumberland Sausages	Breaded Pollock Fillet
		Thai Massaman Curry (Ve) 	Tempura Korean Cauliflower & Edamame (Ve)	Glamorgan Sausages (Ve)  	Daily Chicken Special Feta, Beetroot & Shallot Pasty (V)
SIDES	Roasted Carrots & Lemon Dressed Fine Beans	Baby Potatoes Jasmine Sticky Rice Glazed Corn Cobs Garden Peas	Chop Suey Noodles Stir fried Greens Korean Style BBQ Sauce	Crushed Potatoes with Garden Herbs Floret Vegetables Gravy	Skin on Fries Garden & Mushy Peas Chip Shop Curry Sauce Homemade Tartare
DESSERT	Filled Doughnuts	Bramley Apple & Blackberry Crumble	Chocolate & Honeycomb Fudge Cake	Baklava Style Flapjack	Ice Cream Pots
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	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 & Beyond 	Chilli Con Carne (Ve)  	Chicken Souvlaki 	Tuscan Pork Cassoulet	Breaded Pollock Fillet
		Squash & Black Eye Bean Taco (Ve)  	Spiced Chick Peas & Halloumi Souvlaki (V)	Tuscan Vegetable & Smokey Tofu Cassoulet (Ve)	Daily Chicken Special Hot Dog Subs (Ve) 
SIDES	Roasted Carrots & Dressed Fine Beans	Coriander & Lime Rice Sour Cream & Jalapeno's Tortilla Wraps Floret Vegetables	Pitta Bread Oregano Roasted Potatoes Baked Courgettes Minted Peas	Baked Baby Potatoes Glazed Root Vegetables	Skin on Fries Garden & Mushy Peas Chip Shop Curry Sauce Homemade Tartar
DESSERT	Belgian Style Waffles with Autumn Fruit Compote	Elderberry & White Chocolate Basque Cheesecake	Pear & Cinnamon Crumble	Pineapple & Coconut Upside Down Sponge	Miso & Caramel Banana Bread
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

Senior School Lunch

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	Herb Crusted Smokey Macaroni Cheese	 Posh Pies 	Breaded Chicken Fillet  	Moroccan Lamb Tagine	World Cuisine 
	Flamingo Pea, Charred Leek & Pearl Barley Risotto (Ve)		Panko Tofu Bites (Ve)  	Harissa Roasted Cauliflower & Chickpea Tagine (Ve) 	
SIDES	Roasted Carrots & Dressed Fine Beans	Roasted Potatoes Leafy Greens Gravy	Katsu Sauce Steamed Rice Charred Floret Vegetables	Couscous Flatbreads Spiced Carrots Minted Greens	
DESSERT	Dutch Apple Cake	Frosted Carrot Cake	Lemon & Raspberry Loaf	Double Chocolate Brownie	Themed Dessert
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				