

LUNCH

WEEK 1: 3 rd Sep, 21 st Sep, 12 th Oct, 9 th Nov, 30 th Nov	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.				
	Freshly made soup is served with bread, herby croutons and a selection of toppings (crispy onion, sunflower or pumpkin seeds)				
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Cuban pork & beef picadillo	Iberian pork with chorizo, peppers and olives	Roasted chicken with herb gravy and Yorkshire pudding 	Traditional shepherd's pie topped with crispy cheese mash potato, onion gravy 	Smoked haddock and king prawn fish pie with creamy dill sauce
	Mexican bean & roasted vegetable enchiladas served with leaf salad (v) 	Spanish omelette with steamed new potato, roasted peppers (v) 	Ratatouille vegetable with green lentil (v) 	Cheese celeriac and leek gratin (v) 	Mediterranean vegetable pasta bake with cheddar and garlic bread (v) 
SIDES	Rice and peas Steamed sweetcorn and carrot	Parsley new potato Steamed cauliflower and green beans	Basmati rice Steamed pea and carrot	Steamed green beans and cauliflower	Steamed broccoli Steamed leek and garden peas
SALADS	New potato, black turtle bean, roasted bell pepper Mexican chopped salad with lime dressing	Spanish pipirrana with tomato, peppers, cucumber Baby gem, radish, sweetcorn	Pearl barley, butternut squash, broccoli, peas Greek salad with feta and Kalamata olives	Chicken Caesar with homemade dressing Green lentil, roasted pepper, courgette, parsley	Bulgur wheat and quinoa, tabbouleh Rocket, tomato, olive, mozzarella
EVERY DAY	Our daily offer includes extra 3 simple salads (lettuce, tomato, cucumber) as well as daily options of pasta and jacket potatoes				
DESSERTS	Dark chocolate chip sponge with vanilla custard	Yoghurt and polenta cake with custard	Apple and cranberry cake with vanilla custard	Orange cake with custard	Half Measures' Apple and cinnamon crumble with custard
ALTERNATIVE DESSERT	A daily selection of our new cold dessert pots including freshly cut fruit, strawberry or toffee yoghurt, raspberry or orange jelly				