

LUNCH

WEEK 2: 7 th Sep, 28 th Sep, 19 th Oct, 16 th Nov, 7 th Dec	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	Pork meatballs in rich tomato, garlic and herbs ragu 	Goan turkey curry with green lentil and coconut milk	Slow cooked teriyaki pork with pak choi, sesame seeds	Roasted chicken with peri-peri sauce 	Breaded haddock with lemon and homemade tartar sauce 
	Tortelloni al formaggio in tomato and oregano sauce (v)	Lightly spiced vegetable samosas with raita dip (v)	Crispy vegetable spring roll served with mixed leave salad (v)	Creamy roasted vegetable & lentil lasagne with cheese sauce, rich tomatoes (v) 	Vegetable paella with grilled courgette, peppers (v) 
SIDES	Marjoram couscous Steamed carrot and green beans	Steamed rice Steamed cauliflower and peas	Soya, ginger and coriander noodles Steamed broccoli and Chinese cabbage	Braised rice Steamed carrot and cauliflower	Lemon thyme potato wedges Steamed garden peas and broccoli
SALADS	Panzanella with croutons and bocconcini cheese balls New potato, yellow peppers, olives	Chickpea, couscous, broccoli, coriander Little gem, cucumber, pea	Crunchy Asian slaw Rice noodles with stir-fried vegetable	Greek salad with feta and Kalamata olives Bulgur wheat, roasted courgette, cauliflower, red onion	Coleslaw Rocket, fennel shavings, tomato, olives
EVERY DAY	Our daily offer includes extra 3 simple salads (lettuce, tomato, cucumber) as well as daily options of pasta and jacket potatoes				
DESSERTS	Banana and mixed spice sponge with custard	Pear cake with vanilla custard	Plum cake with custard	Half Measures' Apple and forest fruit crumble	Vanilla cake 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				