

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	Sweet & Sour Chicken	Classic Beef Bolognese	Roast Of The Day Roast Turkey	Smokey BBQ Chicken	Crispy Cod Goujons
	Spicy Vegetable & Quorn Stir Fry	Vegetable Caponata	Honey Roasted Celeriac Steak	Vegetable & Halloumi Kebab	Fishless Fingers
SIDES	Teriyaki Noodles Chinese Mixed Greens	Patsa Garlic Bread Seasonal Vegetables	Roast Potatoes Seasonal Vegetables & Cranberry Sauce	Turmeric Braised Rice Corn on The Cob Green Beans	King's Fries Mushy Peas Baked Beans
DESSERT	Zebra Cake	White Chocolate Blondie	Carrot Cake	Berry Crumble Bar	Chocolate Truffle Cake
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, and jacket bars				

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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	King's Mac 'N' Cheese Tomato & Basil Pasta	Fragrant Chicken Shawarma	Classic Cumberland Rings	Smokey Beef Chilli	Crispy Katsu Chicken & Curry Sauce
	Pesto Patsa	Falafel Shawarma	Glamorgan Sausage	Five Bean & Vegetable Chilli	Halloumi Parcels
SIDES	Garlic Bread Roasted Broccoli Savoy Cabbage	Oregano & Garlic Roasted Potatoes Turkish Slaw With A Selection Of Dips	Creamy Mashed Potato Seasonal Vegetables	Mexican Style Rice Nachos, Sweetcorn & A Selection Of Dips	King's Seasoned Fries Sweetcorn Or Beams
DESSERT	Apple & Berry Crumble	Lemon Drizzle Cake	Jam & Cream Scones	Chocolate Brownie	A Selection Of Doughnuts
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, and jacket bars				

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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	Swedish Style Meatballs in Tomato & Basil Sauce	Chargrilled Chicken Tikka With A Mild Curry Sauce	Kings Brunch	Piri Piri Chicken	Classic Deep Pan Cheese & Tomato Pizza
	Spicy Vegetable & Spinach bites	Chana Biryani	Sausage, Bacon , Vegetarian Sausage & Scrambled Egg	Piri Piri Jacket Fruit	A Selection Of Toppings
SIDES	Tricolour Pasta Garlic Bread Roasted Carrots & Savoy Cabbage	Braised Rainbow Rice Garlic Naan Bread Cauliflower Aloo Gobi & Peas	Hash Brown Bites, Tomato & Baked Beans	Trio Of Wedges, Tortilla Wrap, Vegetables & A Selection Of Dips	King's Seasoned Fries, Peas Or Beans
DESSERT	Sticky Toffee Pudding & Custard	Rice Krispie Cakes	School Days Cake	Banana & Oat Bar	Chocolate Chip Cookies
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, and jacket bars				