

# BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Croissant	Toasted Bagel	Cheese & Crackers	Toasted Brioche	Sausage Roll
AFTERNOON SNACK	Pesto Focaccia	Pizza Pinwheel	Filled Wraps	Crudities, Breadsticks & Dips	Flapjack
FRUIT	Fresh Fruit Is available at all sittings				

WC 1/6, 22/6

# BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Samosa	Warm Tomato & Herb Focaccia	Banana Cake	Smoothie	Pesto Pinwheel
AFTERNOON SNACK	Oat Power Bar	Crudities, Tortilla Chips & Dips	Filled Rolls	Cheese Scone	Citrus Biscuit
FRUIT	Fresh Fruit Is available at all sittings				


WC 8/6, 29/6

# BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Crumpet	Toasted Teacake	Cheese & Crackers	THEME DAY	Smoothie
AFTERNOON SNACK	Date Cereal Bar	Croissant	Filled Wraps	THEME DAY	Oat Bar
FRUIT	Fresh Fruit Is available at all sittings				

WC 15/6

# LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>SOUP</b>	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.				
<b>MAIN MEALS</b>  <b>TO NOURISH, NURTURE AND SUSTAIN</b>	Beef Chilli con Carne	Sweet & Sour Chicken	Roast Pork Loin	Manor Chicken 'Parmigiana'	Fish Bar
	Mixed Bean Chilli	Mushroom, Pak Choi & Pepper Stir Fry	Mediterranean Frittata	Sweet Potato, Spinach & Feta Lasagne	Four Cheese Tortellini with a Creamy Garlic, Mushroom Sauce
<b>SIDES</b>	Rice, Sweetcorn, Broccoli, Sour Cream, Salsa, Tortilla Chips	Noodles, Green Bean & Roasted Cauliflower	Roast Potatoes, Carrots, Peas, Stuffing & Gravy	Spaghetti, Cabbage & Sweetcorn	Skinny Fries, Peas, Baked Beans & Mushy Peas
<b>DESSERT</b>	Yoghurt bar with toppers	Chocolate Mousse	Jelly	Fruit Scone with Jam & Cream	Sliced Fruit
<b>EVERY DAY</b>	We offer daily a selection of yogurt, fresh fruit, jacket potatoes and salad bar				


WC 1/6, 22/6

# LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>SOUP</b>	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.				
<b>MAIN MEALS</b>  <b>TO NOURISH, NURTURE AND SUSTAIN</b>	Chicken Tikka Masala	Pasta Bar Carbonara Sauce Tuna & Sweetcorn Sauce Roasted Tomato & Basil 5 Veg Sauce	Lemon & Garlic Chicken Thigh	BBQ Beef & Bean Burrito	'Posh Dogs'
	Chickpea, Sweet Potato & Spinach Curry		Super Green Gnocchi	Smokey Chickpea & Mushroom Enchilada	Veggie 'Posh Dogs'
<b>SIDES</b>	Rice, Green Beans, Cauliflower, Nan Bread & Mango Chutney	50/50 Penne or Spaghetti Cabbage & Corn on the Cob	Roasted New Potatoes, Carrots, Broccoli & Gravy	Spiced Rice, Mexican Corn, Green Beans, Salsa, Sour Cream & Guacamole	Hot Dog Roll, Skinny Fries, BBQ Beans, Peas, Mustard, Mayo
<b>DESSERT</b>	Yoghurt Bar & Toppings	Manor Cheese Board	Fruit Salad	Sweet Potato Brownie	Strawberry Mousse
<b>EVERY DAY</b>	We offer daily a selection of yogurt, fresh fruit, jacket potatoes and salad bar				

WC 8/6, 29/6

# LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>SOUP</b>	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.				
<b>MAIN MEALS</b>  <b>TO NOURISH, NURTURE AND SUSTAIN</b>	Pizza Party Pepperoni Pineapple Mushrooms Pesto	Lamb Kofta	Toad out of the Hole	THEME DAY	Giant Fish Finger Bap
		Vegetable Tagine	Spinach, Tomato & Feta Galette	THEME DAY	Roasted Vegetable, Pesto & Mozzarella Ciabatta
<b>SIDES</b>	Warm Potato Salad & Corn on the Cob	Spiced Cous Cous, Green Beans & Carrots	Creamed Potatoes, Cauliflower Cheese, Peas & Gravy	THEME DAY	Fries, Peas, Baked Beans & Tartare Sauce
<b>DESSERT</b>	Fruit Salad	Jelly & Cream	Yoghurt Bar with Toppers	THEME DAY	Ice Lolly
<b>EVERY DAY</b>	We offer daily a selection of yogurt, fresh fruit, jacket potatoes and salad bar				

WC 15/6