

LUNCH

	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	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
SIDES	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
DESSERT	Yoghurt bar with toppers	Chocolate Mousse	Jelly	Fruit Scone with Jam & Cream	Sliced Fruit
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, jacket potatoes and salad bar				


WC 20/4, 11/5

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				

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 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	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'
SIDES	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
DESSERT	Yoghurt Bar & Toppings	Manor Cheese Board	Fruit Salad	Sweet Potato Brownie	Strawberry Mousse
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, jacket potatoes and salad bar				


WC 27/4, 18/5

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 27/4, 18/5

LUNCH

	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	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
SIDES	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
DESSERT	Fruit Salad	Jelly & Cream	Yoghurt Bar with Toppers	THEME DAY	Ice Lolly
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, jacket potatoes and salad bar				

WC 4/5,

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 4/5