Senior School 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	Modern Italian FUTURE-PROOF FOOD	Artisan Wholegrain Pizza, Toppings & Drizzles	Korean Glazed Chicken FUTURE-PROOF FOOD HALAL	Cumberland Sausages	Breaded Pollock Fillet Daily Chicken Special
		Thai Massaman Curry (Ve)	Tempura Korean Cauliflower & Edamame (Ve)	Glamorgan Sausages (Ve) FUTURE-PROOF FOOD HALAL	Feta, Beetroot & Shallot Pasty (V)
SIDES	Roasted Carrots & Lemon Dressed Fine Beans	Baby Potatoes Jasmine Sticky Rice Glazed Corn Cobs Garden Peas	Chop Suey Noodles Stir fried Greens Korean Style BBQ Sauce	Crushed Potatoes with Garden Herbs Floret Vegetables Gravy	Skin on Fries Garden & Mushy Peas Chip Shop Curry Sauce Homemade Tartare
DESSERT	Filled Doughnuts	Bramley Apple & Blackberry Crumble	Chocolate & Honeycomb Fudge Cake	Baklava Style Flapjack	Ice Cream Pots
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

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FOOD FOR LIFE BRONZE SCHOOL AWARD Soil Association

Senior School Lunch

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	Burger & Beyond FUTURE-PROOF FOOD	Chilli Con Carne FUTURE-PROOF FOOD	Chicken Souvlaki HALAL	Tuscan Pork Cassoulet	Breaded Pollock Fillet Daily Chicken Special
		Squash & Black Eye Bean Taco (Ve)	Spiced Chick Peas & Halloumi Souvlaki (V)	Tuscan Vegetable & Smokey Tofu Cassoulet (Ve)	Hot Dog Subs (Ve) FUTURE-PROOF FOOD
SIDES	Roasted Carrots & Dressed Fine Beans	Coriander & Lime Rice Sour Cream & Jalapeno's Tortilla Wraps Floret Vegetables	Pitta Bread Oregano Roasted Potatoes Baked Courgettes Minted Peas	Baked Baby Potatoes Glazed Root Vegetables	Skin on Fries Garden & Mushy Peas Chip Shop Curry Sauce Homemade Tartar
DESSERT	Belgian Style Waffles with Autumn Fruit Compote	Elderberry & White Chocolate Basque Cheesecake	Pear & Cinnamon Crumble	Pineapple & Coconut Upside Down Sponge	Miso & Caramel Banana Bread
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

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Senior School Lunch

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	Breaded Chicken Fillet	 Posh Pies FUTURE-PROOF FOOD	Lasagna al Forno	Moroccan Lamb Tagine	World Cuisine 
	Panko Tofu Bites (Ve)		Flamingo Pea, Charred Leek & Pearl Barley Risotto (Ve)	Harissa Roasted Cauliflower & Chickpea Tagine (Ve)	
SIDES	Katsu Sauce Steamed Rice Charred Floret Vegetables	Roasted Potatoes Leafy Greens Gravy	Roasted Carrots & Dressed Fine Beans	Couscous Flatbreads Spiced Carrots Minted Greens	
DESSERT	Dutch Apple Cake	Frosted Carrot Cake	Lemon & Raspberry Loaf	Double Chocolate Brownie	Themed Dessert
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

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