



Coming Up

THIS TERM

WELCOME BACK TO
SCHOOL

EAT THE SEASONS
TASTER TABLE

PUMPKIN DAY &
HALLOWEEN

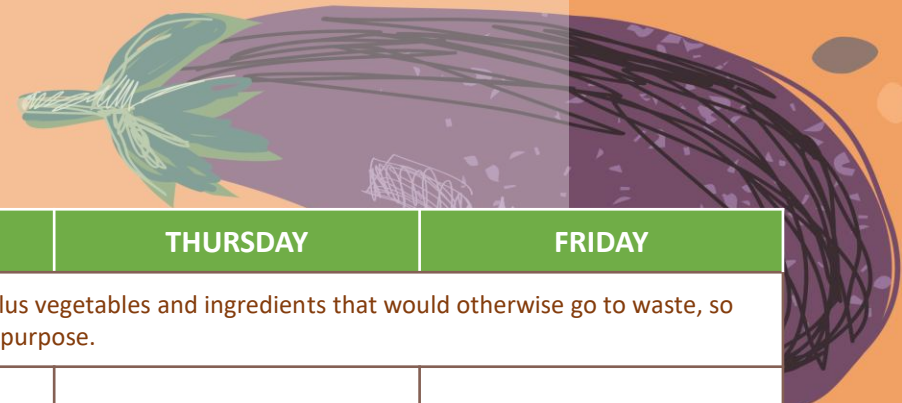
HARVEST FESTIVAL

BLACK HISTORY MONTH

CHRISTMAS LUNCH

Week beginning:
7th September

LUNCH

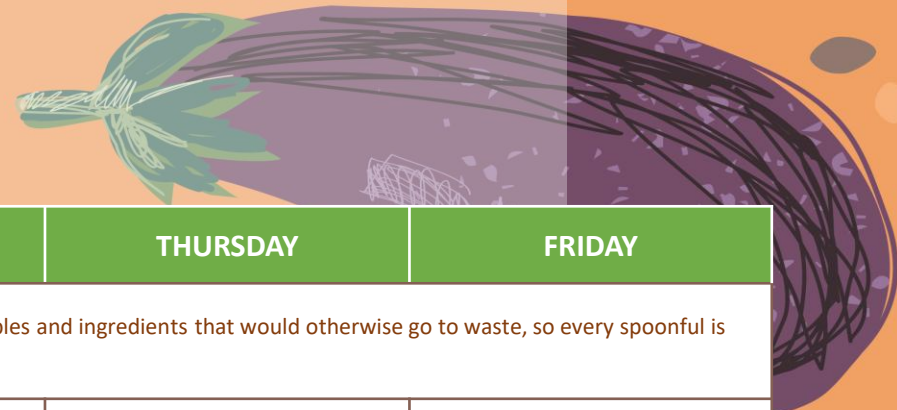


Week 1

	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	 'ONE CHANGE' A WEEK Cheesy margarita pizza with a lentil & chickpea tomato base Eat-Curious plant based protein & vegetable Keema pie	Spaghetti with a choice of sauce: Beef & red lentil Bolognese Chicken carbonara topped with crispy bacon bits Vegetarian – Eatcurious plant based mince, lentil and vegetable Rich tomato, lentil, vegetable & basil sauce	Slow cooked paprika chicken thigh Paprika spiced chicken drumstick West African style sweet potato & bean casserole	Traditional Roast Dinner Day Sticky Maple roasted gammon topped with pineapple Lemon & thyme roast chicken Vegetarian seed roast Vegetable wellington	Fish finger Friday MSC certified Omega 3 enriched pollock fishfingers Homemade battered cod Vegan fishless fingers
SIDES	Baked herby diced potatoes or sweet potato fries Steamed peas & sweetcorn	Garlic butter green beans, steamed cauliflower & broccoli Garlic Bread	Jollof rice Pan fried black eyed beans Roasted carrots, cabbage & peas	Roasted rosemary potatoes Yorkshire pudding Roasted carrots with steamed kale & sweetcorn	Chunky chips Mushy peas or baked beans
DESSERT	 Rainbow Cupcakes	Sweet potato brownie	Jam Doughnut	Double chocolate chip cookie	 Selection of ice creams, fruit salad & Zero Heroes Mighty Mousse
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, smoothies, pasta and jacket bars				

Week beginning:
14th September

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	 Baked gnocchi with a roasted tomato, red lentil & pesto sauce Spinach & sunflower seed pesto pasta Farfalle pasta with a rich tomato, lentil and basil sauce	Peri peri lemon & herb grilled halloumi or chicken thigh BBQ chicken drumsticks	 Beef, plant based mince, lentil & bean Chilli Bean & lentil vegetable Chilli	Traditional British pork Or Chicken sausages Quorn vegan Best of British sausages	Fish finger Friday Omega 3 enriched pollock fishfingers Thai salmon, cod and lemongrass fishcakes Sausage & bacon Baps Vegan fishless fingers
SIDES	Garlic bread Steamed garden peas & roasted butternut	Roasted garlic & herb baby potatoes Sweetcorn on the cob	Brown rice Taco chips Steamed broccoli & cauliflower Guacamole & sour cream	Creamy mashed potato Sticky baked carrots & garden peas Rich gravy	Skinny Fries Mushy peas or baked beans
DESSERT	Orange & mango or strawberry fruit iced smoothie	Chocolate rice Krispy & date treat	 Black bean & chickpea brownie	Old School Sprinkle Cake	 Boost it Flapjack
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

Week beginning:
21st September

LUNCH



Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	 'ONE CHANGE' A WEEK Plant protein enriched Macaroni & cheese topped with a mature British cheddar crust Farfalle pasta bows with a roasted tomato, red lentil & basil sauce Roasted butternut & pea orzo risotto	Taco Tuesday Chicken or vegetarian Fajitas In a warmed flour tortilla	Italian Day Spaghetti with pork or Vegan meatballs marinated in a rich tomato & basil sauce with added plant proteins	Curry Day Butter chicken Red lentil, butternut squash and coconut dhal	Fish Friday Omega 3 enriched pollock fishfingers American Style pork Frankfurter hotdog Vegan fishless fingers
SIDES	Steamed peas & carrots	Warmed flour tortilla Sweetcorn & rainbow peppers Tomato salsa Sour cream Guacamole	Spaghetti Steamed broccoli & carrots	Basmati rice with roasted tandoori cauliflower & peas Papadums & naan Mango chutney Onion bhaji	Skinny fries Mushy peas or baked beans
DESSERT	Selection of ice creams	Mini Chocolate muffin	Selection of fresh fruits and yoghurts	Lemon Drizzle cake	 Boost it Carrot cake
EVERY DAY	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars				

European Day of Languages

Monday 28th September

French Onion Soup

Spanish Vegetable Paella

Portuguese Peri Peri Chicken

Swedish Meatballs with gravy & lingonberry jam

Italian Spaghetti with tomato & basil sauce

Italian Beef Lasagne

On the side

Batatas Fritas (thinly cut crispy potato fries)

Kartoffelmos (mashed potatoes)

Ratatoullie

Dessert

Spanish Churros

Italian Panna cotta

FOUNDED IN 1997

HOLROYD HOWE