





SPRING

2026





5 Day Lunch Senior Version



LUNCH

Week 1 5 th & 26 Jan, 23 rd Feb & 16 th March	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	Chickpea tikka masala with fragrant rice	Vegetable Burrito Filled with Cheese , mix beans and spicy mayo 	Katsu Tofu Curry with Lemon Rice	Chicken style quorn strips Vegetable noodle in a Chinese sauce with Spring Roll 	Margaritta Pizza topped with golden melted Cheddar served with chips
	Cheese & tomato sauce Penne Pasta Bake	3 Cheese Macaroni Topped With Crispy Onions and Breadcrumbs & Garlic Bread	Chunky Quorn and sweetcorn, mushroom pie  with dice potato	Soy mince and Green Lentil Cottage Pie	Tomato and spring onion vegetable Frittata
LIGHTER OPTIONS	Jacket potatoes or Roasted sweet potato with toppings	Pasta bar with tomato sauce, pesto or cheese sauce	Jacket potatoes or Roasted sweet potato with topping	Pasta bar with tomato sauce, pesto or cheese sauce	Jacket potatoes or Roasted sweet potato with toppings
SIDES	Bombay Potatoes And Greek Salad	Roasted Beetroot & Rocket Salad Roasted Vegetable Cous Cous	Roasted Vegetable And Fennel and Orange	Roast Quorn Chinese Salad Five Beans Salad	Caesar Salad
DESSERT	Blue Berry & Banana Oat Bake	Bread and Butter Pudding	Apricot Fruity Flap Jack	Lemon Drizzle Cake	Chocolate Chip Cookies
EVERY DAY	Gluten and dairy free desserts are available daily along with a selection of dessert pots and fresh fruit, Every day on salad bar is a selection of core salads, fresh bread plus composite salads and dressings. For a lighter lunch option, the sandwich bar is available with a selection of fillings				

LUNCH

Week 2 12 th Jan, 2 nd Feb & 2 nd & 23 rd March	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	Fusilli Pasta With Arrabiata Sauce	Red Thai tofu chunk vegetable Curry with Braised Rice VG	Bubble and squeak topped with poached egg	Vegetable and Lentil Lasagne With Garlic Bread	Quorn Nuggets with seasonal potato waffle
	Creamy Broccoli, Borlotti beans and Cauliflower Bake	Roasted vegetable quiche with roasted new potato	  Mixed beans and vegetable stew serve with plain rice	 Kidney beans and cheese, seasonal vegetable wrapped in tortilla wrap	 Mushroom risotto
LIGHTER OPTIONS	Jacket Potato With Choice of Topping	Pasta bar with tomato sauce, pesto or cheese sauce	Jacket potatoes or Roasted sweet potato with toppings	Pasta bar with tomato sauce, pesto or cheese sauce	Jacket potatoes or Roasted sweet potato with topping
SIDES	Greek Salad Roasted Vegetable Cous Cous	Fattoush Salad Avocado ,Mango, Pineapple Salsa	Spicy Chickpea Salad Celery Salad	Broccoli , Apple Salad Beetroot , watermelon Salad	Caesar Salad
DESSERT	Chocolate Rice Krispies Treats	Apple Crumble with Vanilla Custard	Millionaire Shortbread	Coconut and Strawberry Jam Cake	White Chocolate Chip Cookies
EVERY DAY	Gluten and dairy free desserts are available daily along with a selection of dessert pots and fresh fruit, Every day on salad bar is a selection of core salads, fresh bread plus composite salads and dressings. For a lighter lunch option, the sandwich bar is available with a selection of fillings				

LUNCH

Week 3 19 th Jan, 9 th Feb & 9 th March	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	Spaghetti Bolognese With Garlic Bread	Spiced Moroccan spice Vegetable meatball Tagine Serve With Lemon Rice 	Quorn Sausage and Creamy Pesto Mashed Potato with Onion Gravy 	Nachos With Chilli Sin Carne, Mexican Rice With Guacamole and Tortilla Wraps	Southern style burger bun and spicy potato wedges 
	Spanish Paella With Beans and Blistered Tomatoes	Traditional vegetable mousaka	Stir fried egg rice with mixed vegetable & edamame beans	Cheese, onion and potato pin wheel	Open style bean burger made with vegetable root and Potato wedges
LIGHTER OPTIONS	Jacket potatoes or Roasted sweet potato with toppings	Pasta bar with tomato sauce, pesto or cheese sauce	Jacket potatoes or Roasted sweet potato with toppings	Pasta bar with tomato sauce, pesto or cheese sauce	Jacket potatoes or Roasted sweet potato with toppings
SIDES	Giant Cous Cous and Vegetable Creamy Potato Salad	Thai Salad Avocado, Mango, Pineapple	Mexican Slaw Green Beans And Feta Cheese Salad	Mix Coleslaw Seasoning Roast Vegetable	Caesar Salad
DESSERT	Mixed Berry cake	Rice Pudding with a difference	Banoffee Cheesecake	Sticky Toffee Pudding with caramel sauce	Chocolate Chip Cookies
EVERY DAY	Gluten and dairy free desserts are available daily along with a selection of dessert pots and fresh fruit, Every day on salad bar is a selection of core salads, fresh bread plus composite salads and dressings. For a lighter lunch option, the sandwich bar is available with a selection of fillings				