

# BREAKFAST

Week One	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
<b>HOT ITEMS</b>	Chicken Sausages Glamorgan Sausages Fried Eggs Tomatoes Baked Beans	Crispy Bacon Glamorgan Sausages Sausages Poached Egg Baked Beans Mushrooms	Chicken Sausages Glamorgan Sausages Scrambled Egg Tomatoes Baked Beans	Crispy Bacon Glamorgan Sausages Poached Egg Baked Beans Mushrooms	Chicken Sausages Vegetarian Sausages Fried Eggs Hash Browns Tomatoes Baked Beans	Bacon Glamorgan sausages Beans Mushrooms Hash Browns Smashed Avocado Sourdough	Big Brunch Crispy Bacon Sausages Glamorgan Sausages Poached Egg Baked Beans Mushrooms Tomatoes Hash Browns
<b>DAILY SPECIAL</b>	Bagels Smoked Salmon & Cream Cheese	Mango, Apple & Spinach Smoothies	Banana & Honey Loaf Cake, Berry Icing	Ham & Cheese filled Croissants	Chef Kei's Steamed Buns With Condensed Milk	Pastries	
<b>DAILY BREAKFAST ITEMS</b>	porridge station with toppings  Selection of breakfast cereals  Yoghurt station with fresh fruit, puree's & toppings  Toasting station with breads, spreads & preserves	porridge station with toppings  Selection of breakfast cereals  Yoghurt station with fresh fruit, puree's & toppings  Toasting station with breads, spreads & preserves	porridge station with toppings  Selection of breakfast cereals  Yoghurt station with fresh fruit, puree's & toppings  Toasting station with breads, spreads & preserves	porridge station with toppings  Selection of breakfast cereals  Yoghurt station with fresh fruit, puree's & toppings  Toasting station with breads, spreads & preserves	porridge station with toppings  Selection of breakfast cereals  Yoghurt station with fresh fruit, puree's & toppings  Toasting station with breads, spreads & preserves	porridge station with toppings  Selection of breakfast cereals  Yoghurt station with fresh fruit, puree's & toppings  Toasting station with breads, spreads & preserves	porridge station with toppings  Selection of breakfast cereals  Yoghurt station with fresh fruit, puree's & toppings  Toasting station with breads, spreads & preserves
<b>FRUIT</b>	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit	Selection Of Diced Fruit
<b>HYDRATION</b>	Orange Juice Lemon Water	Apple Juice Lime Water	Lemon water Orange Juice	Cranberry juice Melon water	Orange Juice Mint water	Orange Juice Mint water	Orange Juice Mint water

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
<b>HOT ITEMS</b>	<p>Chicken Sausages Glamorgan Sausages Fried Eggs Tomatoes Baked Beans</p>	<p>Crispy Bacon Glamorgan Sausages Poached Egg Baked Beans Mushrooms</p>	<p>Chicken Sausages Glamorgan Sausages Scrambled Egg Tomatoes Baked Beans</p>	<p>Crispy Bacon Glamorgan Sausages Poached Egg Baked Beans Mushrooms</p>	<p>Chicken Sausages Vegetarian Sausages Fried Eggs Hash Browns Tomatoes Baked Beans</p>	<p>Bacon Glamorgan sausages Beans Mushrooms Hash Browns Smashed Avocado Sourdough</p>	<p>Big Brunch Crispy Bacon Sausages Glamorgan Sausages Poached Egg Baked Beans Mushrooms Tomatoes Hash Browns</p>
<b>DAILY SPECIAL</b>	<p>Brioche French Toast Cream cheese, Strawberries and Blueberry compote</p>	<p>Smoothies Banana &amp; Mixed Berries, Crunchy Granola, Banana Chips</p>	<p>Omelette Cheese &amp; Bacon Spinach &amp; Tomato</p>	<p>Pasties Pain au Chocolat, Croissant</p>	<p>Ham &amp; Cheese Bagels Cheese &amp; Spinach Bagels</p>	<p>Maple syrup &amp; Banana Waffles</p>	
<b>DAILY BREAKFAST ITEMS</b>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>
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<b>HYDRATION</b>	<p>Orange Juice Lemon Water</p>	<p>Apple Juice Lime Water</p>	<p>Lemon water Orange Juice</p>	<p>Cranberry juice Melon water</p>	<p>Orange Juice Mint water</p>	<p>Orange Juice Mint water</p>	<p>Orange Juice Mint water</p>

# BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
<b>HOT ITEMS</b>	<p>Chicken Sausages Glamorgan Sausages Fried Eggs Tomatoes Baked Beans</p>	<p>Crispy Bacon Glamorgan Sausages Poached Egg Baked Beans Mushrooms</p>	<p>Chicken Sausages Glamorgan Sausages Scrambled Egg Tomatoes Baked Beans</p>	<p>Crispy Bacon Glamorgan Sausages Poached Egg Baked Beans Mushrooms</p>	<p>Chicken Sausages Vegetarian Sausages Fried Eggs Hash Browns Tomatoes Baked Beans</p>	<p>Bacon Glamorgan sausages Beans Mushrooms Hash Browns Smashed Avocado Sourdough</p>	<p>Big Brunch Crispy Bacon Sausages Glamorgan Sausages Poached Egg Baked Beans Mushrooms Tomatoes Hash Browns</p>
<b>DAILY SPECIAL</b>	<p>Fruit Smoothies</p>	<p>Protein Overnight Biscoff Oats</p>	<p>Pancakes Berry compote, Golden Syrup</p>	<p>Pasties Pain au Chocolat, Croissant</p>	<p>Cheese On Toast Sourdough</p>	<p>Crepes Topped With Chocolate Sauce &amp; Strawberries</p>	<p>Hash Browns</p>
<b>DAILY BREAKFAST ITEMS</b>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>	<p>porridge station with toppings</p> <p>Selection of breakfast cereals</p> <p>Yoghurt station with fresh fruit, puree's &amp; toppings</p> <p>Toasting station with breads, spreads &amp; preserves</p>
<b>FRUIT</b>	<p>Selection Of Diced Fruit</p>	<p>Selection Of Diced Fruit</p>	<p>Selection Of Diced Fruit</p>	<p>Selection Of Diced Fruit</p>	<p>Selection Of Diced Fruit</p>	<p>Selection Of Diced Fruit</p>	<p>Selection Of Diced Fruit</p>
<b>HYDRATION</b>	<p>Orange Juice Lemon Water</p>	<p>Apple Juice Lime Water</p>	<p>Lemon water Orange Juice</p>	<p>Cranberry juice Melon water</p>	<p>Orange Juice Mint water</p>	<p>Orange Juice Mint water</p>	<p>Orange Juice Mint water</p>


# LUNCH

Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
 <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>	<i>Harissa Chicken Pasta Bake</i>	<i>Pork Sausages With Caramelized Onions</i>	<i>Spicy Beef Chilli Nachos</i>	<i>Pesto Roasted Chicken Tray Bake</i>	<i>Fish &amp; Chip Friday, Hot Dogs</i>	<i>Buttermilk Chicken Burgers Spicy Mayo</i>
	<i>Spring Time Risotto</i>	<i>Sweet Potato Lentil Cottage Pie</i>	<i>ChickPea Tagine</i>	<i>Leek &amp; Parmesan Quiche</i>	<i>Quorn Dogs</i>	<i>Spicy Bean Burger</i>
<b>SIDES</b>	<i>Garlic &amp; Rosemary Focaccia Steamed Carrots Chilli Peas</i>	<i>Mash Potato Roasted Roots Red Cabbage Thyme Gravy</i>	<i>Rice Broccoli SweetCorn Salsa Nachos Avocado</i>	<i>Salsa Verde Topped New Potatoes Sauteed Greens Medley Of Vegetables</i>	<i>Chips, Curry sauce, Mushy Peas Peas</i>	<i>Cajun New potatoes Corn on The Cob</i>
<b>DESSERT</b>	<i>Chocolate &amp; Gingerbread Loaf Cake</i>	<i>Syrup Sponge &amp; Custard</i>	<i>Boost It Pear flapjack</i>	<i>Pineapple Upside Down Cake</i>	<i>Hot Chocolate Fudge Pudding</i>	<i>Rice Krispie Bars</i>
<b>EVERY DAY</b>	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars					


# LUNCH

Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <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>  TO NOURISH, NURTURE AND SUSTAIN	<i>Classic Beef &amp; Pork Lasagne, Topped with Basil Pesto</i>	<i>Chicken tikka Masala Poppadoms Mango chutney Mint yoghurt</i>	<i>Roast of The Day Apple Sauce Yorkshire Pudding</i>	<i>Chipotle Pulled Chicken Fajitas</i>	<i>Brioche CheeseBurgers With Burger Sauce &amp; Gherkins</i>	<i>Chicken Pesto Pasta</i>
	<i>Mushroom Carbonara</i>	<i>Vegetable Jollof Rice</i>	<i>Butter Bean &amp; Roasted Vegetable Stew</i>	<i>Chickpea Tagine Apricot Salsa</i>	<i>Spicy Bean Burgers</i>	<i>Sundried Tomato and Basil Crispy Gnocchi</i>
<b>SIDES</b>	<i>Garlic Focaccia Garlic Peas Broccoli</i>	<i>Naan Bread Rice Curried Cauliflower Green Beans</i>	<i>Yorkshire Pudding Stuffing Roast Potatoes Peas Steamed Broccoli &amp; Kale</i>	<i>Rice Broccoli SweetCorn Salsa Wraps Avocado Garlic Mayo</i>	<i>Skin on Fries Sweetcorn Ketchup</i>	<i>Mexican Rice Broccoli Salsa Smashed Avocado</i>
<b>DESSERT</b>	<i>Victoria Sponge</i>	<i>Peach &amp; Blueberry Cake</i>	<i>Chefs Shortbread</i>	<i>Boost It Apple Muffins</i>	<i>Sticky toffee Pudding</i>	<i>Black forest Cake</i>
<b>EVERY DAY</b>	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars					

# LUNCH

Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <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>	<i>Gammon Steaks Pineapple &amp; Egg</i>	<i>Beef Bolognese, Topped with Basil Pesto</i>	<i>Chefs Theme Day</i>	<i>Teriyaki Chicken Stir Fry</i>	<i>Catch of the Day Or Pepperoni Pizza</i>	<i>Chicken shawarma</i>
	<i>Sweet Chilli Halloumi Stuffed Pepper</i>	<i>Quorn Lasagne</i>	<i>Chefs Theme Day</i>	<i>Sweet &amp; Sour Tofu</i>	<i>Margarita pizza</i>	<i>Halloumi Shawarma</i>
<b>SIDES</b>	<i>Crushed Garlic New Potatoes Green Beans Broccoli</i>	<i>Garlic Focaccia Herby Carrots Peas</i>	<i>Chefs Theme Day</i>	<i>Egg Noodles Sauteed Greens Prawn Crackers Toasted Seed Granola</i>	<i>Chunky Chips Curry Sauce Mushy Peas Garden Peas Ketchup</i>	<i>Spicy Potatoes Sweetcorn Green Beans Flatbread</i>
<b>DESSERT</b>	<i>White Chocolate &amp; Raspberries Cake</i>	<i>Boost It Carrot Cake</i>	<i>Chefs Theme Day</i>	<i>Red Velvet Cake</i>	<i>Chocolate Chip Cookies</i>	<i>Cranberry FlapJack</i>
<b>EVERY DAY</b>	We offer daily a selection of yogurt, fresh fruit, cold desserts, jelly pots, pasta and jacket bars					

# SUPPER

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE ONE</b>	<i>BBQ Pulled Pork</i>	<i>Wrekin Smash Bacon Cheese Burgers</i>	<i>Lemon &amp; Thyme marinated Chicken Legs</i>	<i>Crispy Sweet Chilli Beef</i>	<i>Bacon Carbonara</i>	<i>Homemade Sourdough Pizza</i>	<i>Roasted Pork Belly, Apple Puree</i>
<b>MAIN COURSE TWO</b>	<i>Five Bean Fajitas</i>	<i>Faken Smash Veggie Burger</i>	<i>ratatouille</i>	<i>Cauliflower Chow Mein</i>	<i>pasta Alfredo</i>	<i>Pure Pepperoni</i> <i>Ham &amp; Pineapple</i>	<i>Lentil Hotpot</i>
<b>ON THE SIDE</b>	<i>Spicy Rice Salsa</i> <i>Corn on the Cob</i> <i>Roasted Cajun Sweet Potato</i>	<i>Chunky Chips</i> <i>Onions Rings</i> <i>Pickles</i> <i>Beans</i> <i>Burger Sauce</i> <i>Dirty Mayo</i>	<i>Herby Giant Couscous</i> <i>Roasted Butternut Squash</i> <i>Battered Green Beans</i> <i>Salsa Verde</i>	<i>Egg Fried Rice</i> <i>Prawn Crackers</i> <i>Pak Choi &amp; Sugar Snaps</i> <i>Sesame Seed Roasted Broccoli</i>	<i>Garlic Focaccia</i> <i>Garlic Mushrooms</i> <i>Peas</i>	<i>Cajun Wedges</i> <i>Carrots</i> <i>Sweetcorn</i>	<i>Smashed New Potatoes</i> <i>Cauliflower Cheese</i> <i>Leeks</i> <i>Red Cabbage</i>
<b>DESSERT ONE</b>	<i>New York Style Baked Cheesecake</i>	<i>Kiwi Upside Down Cake</i>	<i>Popcorn Bar</i>	<i>Eton Mess</i> <i>Tiramisu</i>	<i>Chocolate</i> <i>Chip Cookie Sandwich</i>	<i>Churros In Chocolate Sauce</i>	<i>Apple Strudel &amp; Custard</i>

**SELECTION OF FRESHLY CUT & WHOLE FRUITS**

# SUPPER

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE ONE</b>	<i>Crispy Korean Style Chicken Burgers Klmchi</i>	<i>Braised Beef &amp; Pearl Barley Cottage Pie</i>	<i>Chicken Jollof Rice</i>	<i>Beef Mac &amp; Cheese, Crunchy Topping</i>	<i>Jerk Chicken Mango Salsa</i>	<i>Katsu Chicken Curry</i>	<i>Chefs Roast Of the Day</i>
<b>MAIN COURSE TWO</b>	<i>Onion Bhaji Burger Mango Salsa</i>		<i>Creamy Fish Pie</i>	<i>Thai Green Curry</i>	<i>Vegetable Rainbow Lasagna</i>	<i>Butternut Squash &amp; Sage Tart</i>	<i>Quorn Katsu Curry</i>
<b>ON THE SIDE</b>	<i>Loaded Rice ASian Slaw Corn on The Cob</i>	<i>Mash Potato Parsnips Spring Greens Gravy</i>	<i>Broccoli Peppers &amp; Sweetcorn</i>	<i>Garlic Bread Sun Dried Tomatoes Garlic Mushrooms</i>	<i>Steamed Rice Mediterranean Vegetables Pickled Cabbage</i>	<i>Sticky Rice Peas Crispy Kale</i>	<i>Stuffing Roasted Potatoes Roasted Roots Minted Peas Gravy</i>
<b>DESSERT ONE</b>	<i>Fruit Tart With Mascarpone Cream</i>	<i>Marble Coffee Cake Cream Cheese Frosting</i>	<i>Berry Pavlova</i>	<i>All the Topping Ice Cream Bar</i>	<i>Homemade Doughnuts</i>	<i>Burberry CheeseCake</i>	<i>Nectarine Tart With Vanilla Custard</i>

SELECTION OF FRESHLY CUT & WHOLE FRUITS

# SUPPER

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE ONE</b>	<i>Chicken Gyros With tzatziki</i>	<i>Breaded Chicken &amp; Waffles</i>	<i>Beef Keema Curry</i>	<i>Homemade Chunky Sausage Rolls</i>	<i>Classic Beef Lasagne, Topped with Basil Pesto</i>	<i>Chicken &amp; Prawn Egg Fried Rice</i>	<i>Peri Peri Chicken</i>
<b>MAIN COURSE TWO</b>	<i>BBQ Jackfruit</i>	<i>Southern Fried Quorn Nugget Wrap</i>	<i>Mushroom Biryani</i>	<i>Mexican Style Veggie Roll</i>	<i>Three Cheese Mac &amp; Cheese</i>	<i>Tofu in Black Bean Sauce</i>	<i>Peri Peri Mac &amp; Cheese</i>
<b>ON THE SIDE</b>	<i>Flatbread Roasted Peppers Pickled Onions Salsa Garlic Mayo</i>	<i>BBQ Beans Corn on the Cob Fries</i>	<i>Aromatic Rice Chapati Roasted Squash Peas</i>	<i>Diced Potatoes Beans Green Beans Chutney</i>	<i>Garlic Focaccia Pesto Roasted Medley of vegetables Peas</i>	<i>Egg Noodles Sauteed Greens Prawn Crackers</i>	<i>Mexican Rice Garlic Bread Corn on The Co Tenderstem</i>
<b>DESSERT ONE</b>	<i>Banana Bread with Caramel Cream Cheese</i>	<i>Boost It Black Bean Brownie</i>	<i>Lemon Panna Cotta Raspberry Compote</i>	<i>Apple Pie &amp; Vanilla Custard</i>	<i>Chocolate Gateau Cherry Compote</i>	<i>Mango &amp; Chia Seed Rice Pudding</i>	<i>Pasteis de Nata</i>
<b>SELECTION OF FRESHLY CUT &amp; WHOLE FRUITS</b>							