

SAMPLE MENU

Welcome to the Wasteless Plate menu - designed by Dolce's chefs featuring meals that use as much of every ingredient as possible, reducing food waste in school kitchens.

DID YOU KNOW?

WE CUT PEPPERS INTO STICKS FOR CRUDITES AND CUT THE TOPS AND BOTTOMS OFF AND USE THEM AS PIZZA TOPPINGS AND IN CURRIES

MONDAY

HAND STRETCHED MARGHERITA OR VEGETABLE PIZZA (V) (VG)

MILD BEAN CHILLI (VG) (GF)

VEGETABLE JAMBALAYA (VG)

JACKET POTATO & FILLINGS (V) (VG) (GF)

GARLIC SLICE, GREEN BEANS, SWEETCORN,
FRESH SALAD SELECTION, HOMEMADE BREAD

STRAWBERRY ICE CREAM (V) SEASONAL FRUIT, FRUIT YOGHURT

VEGETABLES HAVE BEEN A BIG FOCUS FOR US, AS THEY'RE PERISHABLE - SO THEY SIT AT THE HEART OF MANY OF OUR MEALS

TUESDAY

SAUSAGE STUFFED YORKSHIRE PUDDING

BROCCOLI CHEESE FILLED YORKSHIRE PUDDING (V)

HOT SAUSAGE BAGUETTE (INC VG)

JACKET POTATO & FILLINGS (V) (VG) (GF)

MASHED POTATOES, CARROTS, PEAS, GRAVY,
FRESH SALAD SELECTION, HOMEMADE BREAD

RASPBERRY JELLY & PEACHES (V) (VG) SEASONAL FRUIT, FRUIT YOGHURT

WE SERVE SKIN-ON ROAST POTATOES TO AVOID UNNECESSARY WASTE

WEDNESDAY

ROAST CHICKEN (GF)

HEARTY PUFF PIE (VG)

HOT ROAST CHICKEN BAGUETTE & STUFFING

JACKET POTATO & FILLINGS (V) (VG) (GF)

ROAST POTATOES, CARROTS, SAVOY CABBAGE, GRAVY,
FRESH SALAD SELECTION, HOMEMADE BREAD

LEMON & COURGETTE CAKE (VG) SEASONAL FRUIT, FRUIT YOGHURT

AND...

WE WORK VEGETABLES INTO SWEET OPTIONS - WITH GRATED COURGETTE USED IN LEMON AND COURGETTE CAKE

THURSDAY

PASTA BAR WITH A CHOICE OF TOPPINGS (V) (VG)

CREAMY CHICKEN & STEAMED RICE

JACKET POTATO & FILLINGS (V) (VG) (GF)

SWEETCORN, CARROTS,
FRESH SALAD SELECTION, HOMEMADE BREAD

SUMMER FRUIT PUFF & CUSTARD (V) SEASONAL FRUIT, FRUIT YOGHURT

FRIDAY

BREADED FISH FINGERS

CHEESY LEEK PARCEL (V)

SWEET & SOUR VEGETABLE NOODLES (VG)

JACKET POTATO & FILLINGS (V) (VG) (GF)

CHIPS, PEAS, BAKED BEANS,
FRESH SALAD SELECTION, HOMEMADE BREAD

BETROOT BROWNIES (VG) SEASONAL FRUIT, FRUIT YOGHURT

EVERY DAY:

JACKET POTATO & FILLINGS (V) (VG) (GF)

EXCESS TRIM FROM VEGETABLES - GRATED CARROTS, COURGETTES, PEPPERS, ONION AND TOMATOES - FORM THE BASE OF SAUCES FOR OUR PASTA BAR, MILD BEAN CHILLI AND SPAGHETTI BOLOGNESE

WE ALSO...

USE LEFTOVER VEGETABLES TO ADD VARIETY TO OUR SALAD BAR. ANY LEFTOVER BEETROOT FROM OUR BEETROOT BROWNIES IS COMBINED WITH ORANGES AND SPINACH TO CREATE A SALAD