

# WASTELESS PLATE



## SAMPLE MENU

Welcome to the Wasteless Plate menu! These dishes have been created by Dolce's chefs to use as much of every ingredient as possible and help reduce food waste in our kitchens. By using vegetables and other ingredients in creative ways, we can serve tasty meals while helping to look after our planet.

### MONDAY

HAND STRETCHED MARGHERITA OR VEGETABLE PIZZA (V) (VG)  
 SPINACH AND SWEET POTATO CURRY (VG) (GF)  
 JACKET POTATO & FILLINGS (V) (VG) (GF)  
 SOFT ROLL WITH A CHOICE OF FILLINGS (V) (VG)

GARLIC SLICE, GREEN BEANS, SWEETCORN  
 FRESH SALAD SELECTION, HOMEMADE BREAD  
 STRAWBERRY ICE CREAM (V), SEASONAL FRUIT, FRUIT YOGHURT

### TUESDAY

ALL DAY BREAKFAST  
 GARDENER'S BRUNCH (ALL DAY VEGGIE BREAKFAST) (V) (VG)  
 JACKET POTATO & FILLINGS (V) (VG) (GF)  
 SOFT ROLL WITH A CHOICE OF FILLINGS (V) (VG)

HASH BROWN, BAKED BEANS, PEAS  
 FRESH SALAD SELECTION, HOMEMADE BREAD  
 RED VELVET BROWNIE (V), SEASONAL FRUIT, FRUIT YOGHURT

### WEDNESDAY

ROAST CHICKEN (GF)  
 ROASTED VEGETABLE LOAF (VG)  
 JACKET POTATO & FILLINGS (V) (VG) (GF)  
 SOFT ROLL WITH A CHOICE OF FILLINGS (V) (VG)

CHEESE & TOMATO PANINI MELT (V)  
 NEW POTATOES, CARROTS, SAVOY CABBAGE, GRAVY,  
 FRESH SALAD SELECTION, HOMEMADE BREAD  
 CHOCOLATE COOKIE (VG), SEASONAL FRUIT, FRUIT YOGHURT

### THURSDAY

PASTA BAR WITH A CHOICE OF TOPPINGS (V) (VG)  
 CREAMY CHICKEN & STEAMED RICE  
 JACKET POTATO & FILLINGS (V) (VG) (GF)  
 SOFT ROLL WITH A CHOICE OF FILLINGS (V) (VG)

SWEETCORN, CARROTS  
 FRESH SALAD SELECTION, HOMEMADE BREAD  
 SUMMER FRUIT PUFF & CUSTARD (V), SEASONAL FRUIT, FRUIT YOGHURT

### FRIDAY

BREADED FISH FINGERS OR CRISPY CRUMBED VEGETABLE GRILL (VG)  
 HEARTY PUFF PIE (VG)  
 JACKET POTATO & FILLINGS (V) (VG) (GF)

SOFT ROLL WITH A CHOICE OF FILLINGS (V) (VG)  
 CHIPS, PEAS, BAKED BEANS  
 FRESH SALAD SELECTION, HOMEMADE BREAD  
 CHOCOLATE BANANA SLICE (VG)  
 SEASONAL FRUIT, FRUIT YOGHURT

BREAD AND SALAD BAR AVAILABLE DAILY

PIZZA DOUGH TRIMMINGS ARE BAKED AND SERVED ON OUR BREAD COUNTER. WE ADD SPARE TOMATO SAUCE AND PIZZA TOPPINGS FOR FLAVOUR VARIETY

#### DID YOU KNOW?

CHICKPEAS FROM OUR SPINACH & SWEET POTATO CURRY AND MUSHROOMS FROM OUR GARDENER'S BRUNCH ARE TRANSFORMED INTO OUR ROASTED VEGETABLE LOAF

#### AND...

EXCESS VEGETABLE TRIMMINGS - INCLUDING CARROTS, COURGETTES, PEPPERS, ONIONS AND TOMATOES - ARE BLITZED INTO THE BASE TOMATO SAUCE FOR OUR PASTA BAR AND PIZZAS

BROCCOLI STALKS ARE PUT TO GOOD USE - WE FINELY CHOP THEM AND ADD THEM INTO OUR HEARTY PUFF PIE

- MAKING THE MOST OF EXCESS VEG IN OUR SALAD BAR:
- CAULIFLOWER TRIMMINGS AND EXCESS FLORETS ARE ROASTED WITH SPICES FOR OUR CAULIFLOWER, SPINACH & RED ONION SALAD.
- ROASTED BROCCOLI STALKS ARE COMBINED WITH PEPPERS, RED ONIONS AND HERBS FOR A FRESH MIXED SALAD.
- SPARE BEETROOT FROM OUR RED VELVET BROWNIES AND SURPLUS ORANGES FROM OUR FRESH FRUIT ARE REINVENTED IN OUR SPINACH, BEETROOT & ORANGE SALAD

WE FREEZE OVERRIPE BANANAS - PERFECT FOR BAKING - AND USE THEM IN OUR CHOCOLATE BANANA SLICE