

# LUNCH

## WEEK 1

EAT WELL  
LIVE NICE





















ON A  
FRESH FOOD  
MISSION

MY  
LUNCH  
MY  
WAY

# THE

# KITCHENEERS

W/C 21.04, 12.05, 02.06,  
23.06, 14.7, 15.9, 6.10,

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Beef Lasagne 	Katsu Chicken	Red Pepper Pizza 	Roast Chicken	Oven Baked Battered Pollock
<b>MAIN 2</b>	Cauliflower & Broccoli Crunchy Cheese Bake 	Red Pepper & Bean Biryani 	Sweet Potato & Chickpea Slice 	Dirty Butternut Squash Mac'n'Cheese 	Baked Halloumi Burger 
<b>REAL FOOD FAST</b>	 Spiced Noodle Broth  	Loaded Punjabi Masala  	Loaded Meatball Sub 	Chicken Fajita Wrap 	Korean Crispy Wrap 
<b>CARBS</b>	Rice / Garlic Bread 	Rice 	Cous Cous 	Roast Potatoes 	Chips 
<b>VEG</b>	Broccoli / Tomato & Onion Salad	Green Beans	Broccoli / Fattoush	Carrots / Sweetcorn	Peas & Carrots/ Mushy Peas



**MEAL DEAL**  
MAIN MEAL & DESSERT

**ONLY**  
**£2.50**

### AVAILABLE DAILY

Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer (V/VE options available).

### DESSERTS

Choice of fresh seasonal fruit  (cut or whole), flavoured yoghurts  or dessert of the day.

#### MENU KEY



Vegetarian



Vegan and Planet Friendly



Plant+ (meat dishes packed with plant-based ingredients for increased fibre)



New Dish



Spiced



# LUNCH

## WEEK 2

EAT WELL  
LIVE NICE

ON A  
FRESH FOOD  
MISSION

MY  
LUNCH  
MY  
WAY

# THE

# KITCHENEERS

W/C 28.04, 19.05, 09.06,  
30.06, 21.7, 1.9, 22.9, 13.10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Pork Sausage	<b>Veggie</b> Big American Burger	Thai Coconut Chicken Curry	Roast Chicken	Oven Baked Battered Fish
<b>MAIN 2</b>	Leek & Cheese Pie	Sweet Potato & Bean Jalfrezi	Pasta Arrabiata	Succulent Quorn Roast	Korean Style Hot Dog
<b>REAL FOOD FAST</b>	Authentic Tikka Pitta	<b>Veggie</b> BBQ Sausage & Pit Bean Hashette	Tomato & Corn Rice Pot	Roast Chicken Baguette	Chilli Nachos
<b>CARBS</b>	Mashed Potato	Bombay Potatoes / Rice	Rice /  Focaccia Bread	Roast Potatoes	Chips
<b>VEG</b>	Garden Peas & Sweetcorn	Green Beans / House Salad	Sweetcorn / House Salad	Cabbage & Carrots / Asian Slaw	Peas & Carrots / Mushy Peas

**MEAL DEAL**  
MAIN MEAL & DESSERT

**ONLY**  
**£2.50**

**AVAILABLE DAILY**

Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer (V/VE options available).

**DESSERTS**

Choice of fresh seasonal fruit (cut or whole), flavoured yoghurts or dessert of the day.

**MENU KEY**

Vegetarian

Vegan and Planet Friendly

**Plant+**  
(meat dishes packed with plant-based ingredients for increased fibre)

**New Dish** Spiced



# LUNCH

## WEEK 3

EAT WELL  
LIVE NICE

ON A  
FRESH FOOD  
MISSION

MY  
LUNCH  
MY  
WAY

# THE

# KITCHENEERS

W/C 5.05, 26.05, 16.06, 07.07, 8.9, 29.9, 20.10

### MONDAY

#### MAIN 1

Pasta Bolognese 


#### MAIN 2

Coriander, Chilli, Lime Meatball Wrap  

#### REAL FOOD FAST

Carbonara Pizza

#### CARBS

Rice & Peas / New Potatoes 

#### VEG

Mixed Salad / Broccoli

### TUESDAY

Chicken Shawarma 

Sweet Potato Jambalaya 

Southern Baked Chicken 

Potato Wedges 

Peas / Asian Slaw

### WEDNESDAY

 Focaccia Cheese & Tomato Pizza 

Sweet Potato Chana Masala  

Indian Style Sweet Potato Roll 

Rice 

Bean Salad / Savoy Cabbage

### THURSDAY

Roast Chicken

Succulent Quorn Roast 

Roast Chicken Wrap

Roast Potatoes 

Green Beans / Carrots

### FRIDAY

Oven Baked Battered Fish

Slaw Bowl with Quorn Dippers 

 Caribbean Spiced Jerk Dog 

Chips 

Peas / Mushy Peas



## MEAL DEAL MAIN MEAL & DESSERT

ONLY  
£2.50

### AVAILABLE DAILY

Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer (V/VE options available).


### DESSERTS

Choice of fresh seasonal fruit  (cut or whole), flavoured yoghurts  or dessert of the day.

#### MENU KEY

 Vegetarian

 Vegan and Planet Friendly

 Plant+ (meat dishes packed with plant-based ingredients for increased fibre)

 New Dish

 Spiced

