

MY LUNCH MY WAY

ON A FRESH FOOD MISSION

THE

KITCHEENEERS

LUNCH

WEEK 1

W/C 01/09, 22/09, 13/10, 03/11, 24/11, 15/12, 05/01, 26/01

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Cheese & Tomato Pizza Slab 	Southern Baked Chicken, Wedges	Roast Chicken, Roast Potatoes	Katsu Style Chicken Curry, Rice 	Battered Pollock, Chips
<b>MAIN 2</b>	Crispy Topped Cauliflower & Broccoli Crunchy Cheese Bake, Half Jacket 	Tasty Pad Thai  	Shepherdess Pie 	Sweet Potato Packed Chana Masala, Rice  	Smashed Falafel Pitta, Slaw, Chips 
<b>REAL FOOD FAST</b>	Authentic Tikka Pitta 	Mammoth Beef Chilli Nachos 	Loaded Meatball Sub 	Carbonara Pizza	Buddha Bowl Quorn Fillets 
<b>VEG</b>	Green Beans 	Sweetcorn 	Carrots & Cabbage 	Roasted Vegetables 	Peas & Carrots or Baked Beans 

MEAL DEAL – MAIN MEAL & DESSERT

ONLY £2.68

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



New Dish



Spiced



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WEEK 2

W/C 08/09, 29/09, 20/10, 10/11, 01/12, 12/01/ 02/02

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Dirty Creamy Mac'n'Cheese 	Grilled Pork Sausage	Roast Chicken, Roast Potatoes	Thai Coconut Chicken Curry  , Rice	Oven Baked Battered Pollock & Chips
<b>MAIN 2</b>	 Penne Pasta with Tomato & Chilli  	Sizzling Quorn Sausage & Mash 	Roasted Vegetable Shawarma, Chips 	Southern Baked Halloumi Burger, Wedges 	K-Dogs & Chips  
<b>REAL FOOD FAST</b>	Mexican Chimichurri Wedges  	Spicy Beef Noodle Broth 	Roast Chicken Wrap	Loaded Punjabi Masala, Wedges  	Red Pepper Pizza 
<b>VEG</b>	Sweetcorn 	Garden Peas 	Fresh Carrots & Swede 	Broccoli 	Peas & Carrots or Baked Beans 

MEAL DEAL – MAIN MEAL & DESSERT

ONLY £2.70

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



New Dish



Spiced



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LUNCH

WEEK 3

W/C 15/09, 06/10, 27/10, 17/11, 08/12, 19/01, 09/02

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Succulent American Big Burger, Wedges 	Jerk Chicken, Rice 	Roast Chicken, Roast Potatoes	Beef Lasagne	Oven Baked Pollock, Chips
<b>MAIN 2</b>	Creamy Leek & Cheese Pie, Wedges 	Tasty Chickpea & Spinach Curry, Rice  	Winter Greens & Mushroom Pie, Roast Potatoes 	Italian Marinara Style Pasta 	BBQ Cheesy Corn Flatbread, Chips 
<b>REAL FOOD FAST</b>	Winter Vegetable, Smoky Sausage Hot Pot 	Mexican Chicken Fajita Bowl 	Garlic & Chilli Donburi Bowl 	Thai Green Chicken Noodles	 Caribbean Spiced Jerk Dog 
<b>VEG</b>	Sweetcorn 	Broccoli 	Savoy Cabbage, Carrots 	Green Beans 	Carrots & Peas or Baked Beans 

MEAL DEAL – MAIN MEAL & DESSERT

ONLY £2.70

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



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New Dish



Spiced

