

MY LUNCH MY WAY

ON A FRESH FOOD MISSION

THE


















KITCHEENEERS

LUNCH

WEEK 1

W/C 23/02, 16/03, 06/04, 27/04, 18/05, 08/06, 29/06

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Mac'n' Cheese 	Halal Chicken Sausage, Mash	Halal Roast Chicken, Roast Potatoes	Halal Chipotle Chicken, Corn Salsa, Rice 	Battered Pollock, Chips
<b>MAIN 2</b>	Pasta Arrabiata 	 Quorn Sausage & Mash 	Roasted Vegetable Shawarma & Roast Potatoes 	Southern Baked Halloumi Burger, Wedges 	K Style Dog, Chips 
<b>REAL FOOD FAST</b>	Mexican Chimichurri Wedges 	 Halal Chicken Banh Mi	Quorn Wurst Roll 	Loaded Punjabi Masala Wedges	Loaded Red Pepper Pizza 
<b>VEG</b>	Sweetcorn 	Peas 	Carrots 	Broccoli 	Peas & Carrots or Baked Beans 



MEAL DEAL – MAIN MEAL & DESSERT

ONLY £2.80

AVAILABLE DAILY

AVAILABLE DAILY: Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer. Vegetarian and vegan 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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KITCHENEERS

LUNCH

WEEK 2

W/C 02/03, 23/03, 13/04, 04/05, 25/05, 15/06, 06/07, 27/07

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Sweet Potato Jambalaya	Halal Jerk Chicken, Rice	Halal Roast Chicken, Roast Potatoes	Halal Traditional Lasagne	Oven Baked Battered Pollock & Chips
<b>MAIN 2</b>	West African Jollof Rice	Sweet Potato & Chick Pea Curry, Rice	Golden Plant Sausage Roll, Roast Potatoes	Spicy Enchilada, Pea Guacamole, Rice	BBQ Bean & Cheese Pasty, Chips
<b>REAL FOOD FAST</b>	Garlic & Chilli Donburi Bowl	Select	Halal Roast Chicken Wrap	Halal Thai Green Chicken Noodles	Halal Korean Chicken Burger
<b>VEG</b>	Sweetcorn	Broccoli	Savoy Cabbage & Carrots	Green Beans	Peas & Carrots or Baked Beans

MEAL DEAL – MAIN MEAL & DESSERT

ONLY £2.80

AVAILABLE DAILY

AVAILABLE DAILY: Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer. Vegetarian and vegan 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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KITCHEENEERS

LUNCH

WEEK 3

W/C 09/03, 30/03, 20/04, 11/05, 01/06, 22/06, 13/07

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Cheese & Tomato Pizza 	Halal Southern Baked Chicken, Wedges	Halal Roast Chicken, Roast Potatoes	 Halal Chicken Katsu, Rice 	Oven Baked Pollock, Chips
<b>MAIN 2</b>	Loaded Chilli, Rice 	Pad Thai 	Pasta Primavera 	Sloppy Joes Garlic Bread 	Southern Fried Slaw Bowl, Chips 
<b>REAL FOOD FAST</b>	Authentic Tikka Pitta 	Halal Beef Chilli Nachos 	Loaded Meatball Sub 	Carbonara Pizza	Buddah Bowl Quorn Fillets 
<b>VEG</b>	Green Beans 	Sweetcorn 	Savoy Cabbage, Carrots 	Roasted Veg 	Carrots & Peas or Baked Beans 



MEAL DEAL – MAIN MEAL & DESSERT

ONLY £2.80

AVAILABLE DAILY

AVAILABLE DAILY: Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer. Vegetarian and vegan 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



# LUNCH

# TARIFF

## SANDWICH DEAL 1

SANDWICH (TUNA, HAM OR CHEESE)  
& DRINK (WATER OR 125ml JUICE)

FOR ONLY **£2.45**

## SANDWICH DEAL 2

SANDWICH (TUNA, HAM OR CHEESE)  
& DRINK (WATER OR 125ml JUICE)

+ CAKE FOR ONLY **£2.80**

### Lunch

#### Main Meal Deal

(Main Meal & Dessert) **£2.80**

Sandwich Meal Deal 1 **£2.45**

Sandwich Meal Deal 2 **£2.80**

Jacket Potato Meal Deal **£2.80**

(Jacket Potato & Dessert)

Main Meal £2.55

Jacket Potato with One Filling £2.10

Fish & Chips £2.55

Salad Bar £1.50

Salad Pot from £1.80

Salad Pot with Protein £2.50

### Cold Grab & Go

Sandwich Standard £2.40

Sandwich Premium £2.70

Baguette Standard £2.40

Baguette Premium £2.70

Wrap Standard £2.20

Wrap Premium £2.70

### Desserts

Fruit Whole piece £0.70

Fruit Pot £1.10

Fruit Jelly £0.80

Yoghurt with topping £0.90

Homebake £1.00

Waffle £1.40

Gingerbread Person £0.70

Popcorn

### Drinks

Spring Still Water 330 ml £0.90

Still Water 500ml £1.00

Radnor Fizz £1.20

Radnor Splash £1.30

Radnor Fruits £1.15

Fruit Juice 125ml £1.20

Viva Milk £1.15

Suso Cans £1.60

Innocent Smoothies £1.80

Cawston Press Fruit Water £1.50

Hot Chocolate £1.00

### Confectionary

Propercorn £1.25

Scrapples Crisps £1.20

Soreen Loaves £0.90

YoYo Bear £1.20

### Misc

Ketchup Sachets £0.25

Preserves £0.50



**KITCHEENERS**

# TARIFF

REAL  
FOOD  
FAST



## MEAL DEALS

**Sandwich Meal Deal 1** £2.45

**Sandwich Meal Deal 2** £2.80

## Morning Break

### TOASTED

Toast & Spreads £ 0.50

Plain Bagel £ 1.20

Toasted Bagel £ 1.20

English Crumpet £ 0.85

## PIZZA

Margherita Focaccia £1.80

French Bread Pizza £1.50

Margherita Pizza Slice £1.50

Pizza Bagel £0.90

## Morning Break

### HOT POTS

Korean Noodles Pot £ 1.50

Marinara Pasta Pot £ 1.50

Dirty Nachos Pot £ 2.00

5 Piece Chicken Wings Pot £ 2.00

Hot & Spicy Chicken Wings £2.00

Piri Piri Chicken Wings £2.00

Pesto Pasta Pot £ 1.50

Biriyani Rice Pot £ 1.50

Plain Pasta £1.20

Loaded Wedges £ 2.25

Spicy Roasted Chickpeas £2.00

## HOT SANDWICHES

Sausage Baguette £ 2.60

Bacon Baguette £ 2.60

Slider Burger £2.00

Plant Based Patty £2.00

Fish Finger Bap £2.00

BBQ Chicken Panini £2.60

Breakfast Patty Muffin £1.75

## PANINIS & TOASTIES

Cheese Panini £2.40

Ham & Cheese Panini £2.60

Cheese Toastie £2.00

Ham & Cheese Toastie £2.40

Cheese on Toast £2.00

## SIDES & SNACKS

Chilli Popcorn £0.50

Paprika Popcorn £0.50

Oven Baked Wedges £0.80

Sausage Roll £1.60

Quorn Sausage Roll £1.60

## SANDWICH DEAL 1

SANDWICH (TUNA, HAM OR CHEESE)  
& DRINK (WATER OR 125ml JUICE)

FOR ONLY £2.45

## SANDWICH DEAL 2

SANDWICH (TUNA, HAM OR CHEESE)  
& DRINK (WATER OR 125ml JUICE)

+ CAKE FOR ONLY £2.80