

MY LUNCH MY WAY




































ON A FRESH FOOD MISSION

THE KITCHENEERS

LUNCH

WEEK 1

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cauliflower & Broccoli Crunchy Cheese Bake 	Red Pepper & Bean Biryani  	Dirty Butternut Squash Mac & Cheese 	Red Pepper Pizza  	Baked Halloumi Burger 
MAIN 2	Traditional Lasagne 	Katsu Chicken	Roast of the Day	Falafel Flatbread  	Oven Baked Battered Pollock
REAL FOOD FAST	Spiced Fajita Tostadas  	No Meatball Sub 	Chicken Fajita Wrap  	Loaded Punjabi Masala    	Korean Crispy Wrap  
CARB / SIDE	Garlic Bread 	Rice /  Roast Potatoes 	Roast Potatoes 	Cous Cous 	Chips 
VEG / SIDE	Broccoli  / Tomato & Onion Salad 	Green Beans 	Roasted Sweetcorn House Salad 	Broccoli  / Fattoush 	Peas  / Mushy Peas 

MEAL DEAL – MAIN MEAL & DESSERT

ONLY £2.75

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

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

MENU KEY  Vegetarian  Vegan  Plant+  New Dish  Spiced



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WEEK 2


EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Quorn Sausage 	Roasted & Loaded Pasta Bake  	Roast of the Day	Three Bean Chilli  	Korean Style Dog  
MAIN 2	Chicken Sausage	Chickpea / Coconut Dahl 	Succulent Quorn Roast 	Tuscan Style Chicken Pasta 	Oven Baked Fish Fingers
REAL FOOD FAST	No Chicken Pitta Pocket 	Tasty Massaman Curry   	Roast Chicken Baguette	Chipotle Quorn Fajita Wrap 	Bean Chilli Nachos   
CARB / SIDE	Mash 	Bombay Potatoes   / Rice 	Roast Potatoes 	Rice 	Chips 
VEG / SIDE	Peas & Corn 	Green Beans 	Cabbage & Carrots  / Asian Slaw 	Sweetcorn 	Peas  / Mushy Peas 

MEAL DEAL – MAIN MEAL & DESSERT **ONLY £2.75**

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

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

MENU KEY  Vegetarian  Vegan  Plant+  New Dish  Spiced



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WEEK 3

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Vegetable & Bean Champ Cottage Pie 	Lasagne Verdi 	Succulent Quorn Roast 	Chickpea & Spinach Curry  	Slaw Bowl with Quorn Dippers 
MAIN 2	Jerk Chicken	Teriyaki Chicken	Roast of the Day	Pad Thai  	Oven Baked Battered Pollock
REAL FOOD FAST	Carbonara Pizza	Thai Green Chicken Noodles 	Roasted Chicken Baguette	Indian Style Sweet Potato Roll 	 Jerk Spiced Dog  
CARB / SIDE	Garlic Bread 	Potato Wedges 	Rice  / Roast Potatoes 	Rice 	Chips 
VEG / SIDE	Mixed Salad  / Broccoli 	Curly Kale  / Mixed Bean Salad 	Carrots  / Asian Slaw 	House Salad  / Mixed Bean Salad 	Peas  / Mushy Peas 

MEAL DEAL – MAIN MEAL & DESSERT **ONLY £2.75**

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

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

MENU KEY  Vegetarian  Vegan  Plant+  New Dish  Spiced

