

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, 08/6, 29/06, 20/07

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Mac'n' Cheese 	Grilled Pork Sausage, Mash	Roast Chicken, Roast Potatoes	 Chilli con Carne, Rice	Battered Pollock, Chips
MAIN 2	Pasta Arrabiata 	 Creamy Mushroom Pasta  	Roasted Vegetable Shawarma & Roast Potatoes 	Southern Baked Halloumi Burger, Wedges 	Breakfast Wrap, Chips 
REAL FOOD FAST	Mexican Chimichurri Wedges 	 Chicken Banh Mi	Quorn Wurst Roll 	Loaded Punjabi Masala Wedges	Loaded Red Pepper Pizza 
VEG	Sweetcorn 	Peas 	Carrots 	Broccoli 	Peas & Carrots or Baked Beans 



MEAL DEAL – MAIN MEAL & DESSERT

ONLY £2.75

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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LUNCH

WEEK 2

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

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Succulent USA Big Burger, Wedges 	BBQ Chicken, Rice	Roast Chicken, Roast Potatoes	Traditional Lasagne	Handmade Chunky Sausage Roll & Chips
MAIN 2	Cauliflower & Broccoli Cheesy Bake 	Three Bean Chilli, Rice 	Golden Plant Sausage Roll, Roast Potatoes 	Italian Style Pasta 	 BBQ Bean & Cheese Pasty, Chips 
REAL FOOD FAST	Garlic & Chilli Donburi Bowl  	Select	Roast Chicken Wrap	Thai Green Chicken Noodles 	Korean Chicken Burger
VEG	Sweetcorn 	Broccoli 	Savoy Cabbage & Carrots 	Green Beans 	Peas & Carrots or Baked Beans 



MEAL DEAL – MAIN MEAL & DESSERT

ONLY £2.75

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



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New Dish



Spiced



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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
MAIN 1	Cheese & Tomato Pizza 	Southern Baked Chicken, Wedges	Roast Chicken, Roast Potatoes	 Chicken Katsu, Rice 	Oven Baked Pollock, Chips
MAIN 2	Loaded Chilli, Rice 	Chilli Bean Tortilla Stack, Wedges  	Pasta Primavera 	Sloppy Joes, Garlic Bread 	Smashed Falafel, Slaw, Chips 
REAL FOOD FAST	Authentic Tikka Pitta 	Beef Chilli Nachos 	Loaded Meatball Sub 	Carbonara Pizza	Buddah Bowl, Quorn Fillets 
VEG	Green Beans 	Sweetcorn 	Savoy Cabbage, Carrots 	Roasted Veg 	Carrots & Peas or Baked Beans 



MEAL DEAL – MAIN MEAL & DESSERT

ONLY £2.75

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

