

MY LUNCH MY WAY

ON A FRESH FOOD MISSION

THE KITCHENEERS

LUNCH

WEEK 1

4TH NOV, 25TH NOV, 16TH DEC, 20TH JAN, 10TH FEB, 10TH MAR, 31ST MAR, 5TH MAY, 2ND JUN, 23RD JUN, 14TH JULY

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cauliflower & Broccoli Crunchy Cheese Bake	Red Pepper & Bean Biryani	Succulent Quorn Roast	Red Pepper Pizza	Baked Halloumi Burger
MAIN 2	Chipotle Chicken & Corn Salsa	Cottage Pie	Roast of the Day	Sweet Potato & Chickpea Slice	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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












THE KITCHENEERS

LUNCH

WEEK 2

11TH NOV, 2ND DEC, 6TH JAN, 27TH JAN, 24TH FEB, 17TH MAR, 7TH APRIL, 12TH MAY, 9TH JUN, 30TH JUN

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Leek & Cheese Pie  	Roasted & Loaded Pasta Bake  	Roast of the Day	Three Bean Chilli  	Buddha Bowl - Cornflake Crusted Quorn Fillet  
MAIN 2	Chicken & Veg Puff Pastry Pie 	Sweet Potato & Bean Jalfrezi  	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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THE KITCHENEERS

LUNCH

WEEK 3

18TH NOV, 9TH DEC, 13TH JAN, 3RD FEB, 3RD MARCH, 24TH MAR, 14TH APRIL, 19TH MAY, 16TH JUN, 7TH JULY

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Vegetable & Bean Champ Cottage Pie 	Lasagne Verdi 	Succulent Quorn Roast 	Butter Bean & No Meatball Pasta 	Baked Enchiladas   
MAIN 2	Pasta Bolognese	Chicken Shawarma	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

