

MY LUNCH MY WAY

ON A FRESH FOOD MISSION






















# THE KITCHENEERS

LUNCH

WEEK 1

W/C 23/02, 16/03, 13/04, 04/05, 25/05, 15/06, 06/07

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Mac'n' Cheese 	 Halal Keema Samosa 	Halal Roast Chicken, Roast Potatoes	Halal Chipotle Chicken, Corn Salsa, Rice 	Battered Pollock, Chips
<b>MAIN 2</b>	Pasta Arrabiata 	 Creamy Mushroom Pasta  	Roasted Vegetable Shawarma & Roast Potatoes 	Bean & Pepper Quesadilla  	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 £2.75

### 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



MY  
LUNCH  
MY  
WAY

ON A  
FRESH FOOD  
MISSION

THE

KITCHEENEERS

LUNCH

WEEK 2

W/C 02/03, 23/03, 20/04, 11/05,  
01/06, 22/06, 13/07

EAT WELL  
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Succulent USA Big Burger, Wedges 🍷	Halal Jerk Chicken, Rice	Halal Roast Chicken, Roast Potatoes	Halal Traditional Lasagne	Oven Baked Battered Pollock & Chips
<b>MAIN 2</b>	Cauliflower & Broccoli Cheesy Bake 🌱	Three Bean Chilli, Rice 🍷	Golden Plant Sausage Roll, Roast Potatoes 🍷	Italian Style Pasta 🍷	🍷 BBQ Bean & Cheese Pasty, Chips 🌱
<b>REAL FOOD FAST</b>	Garlic & Chilli Donburi Bowl 🍷🔥	Halal Chicken Fajita Bowl 🔥	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  
£2.75**

**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



MY LUNCH MY WAY

ON A FRESH FOOD MISSION
















# THE KITCHENEERS

LUNCH

WEEK 3

W/C 09/03, 30/03, 27/04, 18/05, 08/06, 29/06, 20/07

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	K Style Cheesy Corn Flatbread 	Halal Southern Baked Chicken, Wedges	Halal Roast Chicken, Roast Potatoes	Halal Spaghetti Bolognese	Halal Chicken Sausage, Chips
<b>MAIN 2</b>	Loaded Chilli, Rice 	Pad Thai 	 Summer Quiche 	Sweet Potato Chana Massala, Rice 	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 £2.75

### 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

