LUNCH WEEK 1

EAT WELL LIVE NICE

ON A FRESH FOOD MISSION

MY LUNCH MY WAY

THE KITCHENEERS

w/c – 31/08, 21/09,12/10, 02/11, 23/11, 14/12, 04/01, 25/01, 15/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	NEW BBQ Chicken Loaded Mac with Spicy BBQ Drizzle	NEW Smash Burger with House Sauce & Shredded Lettuce	NEW Garlic & Thyme Roast Pork with Dripping Gravy	NEW Massaman Chicken Curry with Crispy Onion & Lime	Classic Battered Fish / Chicken Strips / Sausage (Plain or Battered)
Main 2	NEW Classic Mac 'n' Cheese with Herby Crumb V	NEW Hand Shaped Smokey Bean Burger with House Sauce & Shredded Lettuce V	NEW Cheesy Cauliflower & Red Onion Gratin V	NEW Thai Pineapple & Chick Pea Red Curry & Lime VE	Pizza Slice or Veggie Nuggets with Classic Curry Sauce or Chippy Gravy V
Carb	--	Hand Cut Wedges	Skin on Roasties	Coconut Rice	Chips
Veg / Salad	Summer Crunch Salad	Ranch Drizzle Pink Slaw	Savoy Cabbage & Carrots	Wokked Greens & Beans	Garden Peas / Smashed Peas
Potted	Meatball Marinara Pasta	Katsu Chicken & Rice	Tomato Soup w/ Half Cheese Toastie Combo V	Pasta Bolognese	Chicken Curry Rice / Chips Pot
Hand Held	Hot Honey Chicken Thigh Burger	Mexican Bean Balance Bowl VE	Loaded Cheese & Gravy Roasties Pot V	BBQ Pulled Pork Nachos with Pink Slaw	Classic Ketchup & Crispy Onion Hot Dog

SERVED DAILY

Pizza By The Slice
Fresh Toasted Panini
Selection of Filled Breads
Selections of Salads
Freshly Cut Fruit

JACKET CLASSIC

Baked Beans,
Cheddar Cheese
or Beans & Cheese

SPUDS

TOPPED SPUDS

Monday – Meatball Marinara
Tuesday – Pink Slaw & Ranch
Wednesday – Roast Pork & Gravy
Thursday – Massaman Curry
Friday – Spicy Salmon Crunch

DESSERTS

Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Cookies	Southern Banana Pudding	Cinnamon Apple Crumble & Custard	Sticky Toffee Cookies	Homebakes Selection

MENU KEY V Vegetarian · VE Vegan and Planet Friendly · NEW New Dish · Spiced

LUNCH WEEK 2

EAT WELL LIVE NICE

ON A FRESH FOOD MISSION

MY LUNCH MY WAY

THE KITCHENEERS

w/c 07/09, 28/09, 19/10, 9/11, 30/11, 21/12, 11/01, 01/02, 22/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	NEW Tikka Kofta Style Meatball Massala Curry with Mint Yoghurt	Grilled Sausage & Mash	NEW Lemon & Thyme Roast Chicken Thigh with Gravy	NEW Hot Sweet & Sour Crispy Chinese Chicken	Classic Battered Fish / Chicken Strips / Sausage (Plain or Battered)
Main 2	Sweet Potato & Chick Pea Curry with Rice VE	Sausage & Mash VE	NEW Quorn Sausage & Stuffing Wellington with Gravy VE	NEW Edamame & Vegetable Soya Garlic Stir Fry VE	Pizza Slice or Veggie Nuggets V with Classic Curry Sauce or Chippy Gravy
Carb	Steamed Rice	Chive Mash	Skin on Roasties	Soya Noodles	Chips / Fries
Veg / Salad	Garlic Green Beans	Broccoli & Peas	Roast Parsnip & Green Beans	Wokked Greens & Beans	Garden Peas/ Smashed Peas
Potted	Meatball Marinara Pasta	Katsu Chicken & Rice	Tomato Soup w/ Half Cheese Toastie Combo V	Pasta Bolognese	Chicken Curry Rice/ Chips Pot
Hand Held	Cheesey Bean Quesedilla V	Chicken Tikka Roti Wrap with Mint Yoghurt	Loaded Cheese & Gravy Roasties Pot V	Thai Green Chicken Noodles	Classic Ketchup & Crispy Onion Hot Dog

SERVED DAILY

Pizza By The Slice
Fresh Toasted Panini
Selection of Filled Breads
Selections of Salads
Freshly Cut Fruit

JACKET CLASSIC

Baked Beans,
Cheddar Cheese
or Beans & Cheese

SPUDS

TOPPED SPUDS

Monday – Tikka Kofta Masala
Tuesday – Katsu Chicken
Wednesday – Cheese, Stuffing & Gravy
Thursday – Bolognese
Friday – Classic Selection

DESSERTS

Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Cookies	Coconut Granola Flapjack	Caribbean Coconut Fruit Crumble	Pineapple Chilli Fruit Pot	Homebakes Selection

MENU KEY V Vegetarian · VE Vegan and Planet Friendly · NEW New Dish · Spiced

LUNCH WEEK 3

EAT WELL LIVE NICE

ON A FRESH FOOD MISSION

MY LUNCH MY WAY

w/c 14/09, 05/10, 26/10, 16/11, 07/12, 28/12, 18/01,08/02

THE KITCHENEERS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	NEW Marinated Peri Peri Chicken with Perinaise Dip	NEW Meatball Marinara Loaded Lasagne	NEW Sticky & Smokey Glazed Gammon with Yorkshire Pudding & Gravy	Kansas BBQ Chicken with Rice	Classic Battered Fish / Chicken Strips / Sausage (Plain or Battered)
Main 2	Bean & Pepper Quesadilla VE	NEW Simply Veggie Lasagne VE	Southern Baked Halloumi Burger & Wedges V	Three Bean Chilli & Rice VE	Pizza Slice or Veggie Nuggets V with Classic Curry Sauce or Chippy Gravy
Carb	Spicy Rice	Focaccia	Skin on Roasties	Steamed Rice	Chips
Veg / Salad	Lemon & Lime Slaw	Garlic Green Beans & Peas	Broccoli & Carrots	Mango Kale Chaat Salad	Garden Peas / Smashed Peas
Potted	Classic Bolognese	Katsu Chicken & Rice	Tomato Soup w/ Half Cheese Toastie Combo V	Bacon Carbonara & Pasta	Chicken Curry Rice/ Chips Pot
Hand Held	Honey Sriracha Chicken Wrap	Pesto Chicken & Cheese Hot Focaccia Sandwich	Loaded Cheese & Gravy Roasties Pot V	Buffalo Style Wings & Wedges Pot	Classic Ketchup & Crispy Onion Hot Dog

SERVED DAILY

Pizza By The Slice
Fresh Toasted Panini
Selection of Filled Breads
Selections of Salads
Freshly Cut Fruit

JACKET CLASSIC

Baked Beans, Cheddar Cheese or Beans & Cheese

SPUDS

TOPPED SPUDS

Monday – Carbonara
Tuesday – Chicken Katsu
Wednesday – Gammon & BBQ Drizzle
Thursday – Butter Chicken or Bean Dahl
Friday – Spicy Salmon Crunch

DESSERTS

Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Cookies	Old Skool Sprinkle Cake with Custard	Cinnamon Apple Pie & Custard	Watermelon Wedges with Lime	Homebakes Selection

MENU KEY V Vegetarian · VE Vegan and Planet Friendly · NEW New Dish · Spiced