

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	 Tikka Kofta Style Meatball Massala Curry with Mint Yoghurt	Grilled Sausage & Mash	Roast Dinner Wrap	 Hot Sweet & Sour Crispy Chinese Chicken	Classic Battered Fish Strips
Main 2	 Chana Masala - Rich Spiced Chick Pea Curry 	Sausage & Mash 	Breakfast Wrap 	 Edamame & Vegetable Soya Garlic Stir Fry 	Pizza Slice 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 	Pasta Bolognese	Chicken Curry Rice/ Chips Pot
Hand Held	Cheesey Bean Quesedilla 	Chicken Tikka Roti Wrap with Mint Yoghurt	Loaded Cheese & Gravy Roasties Pot 	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
Freshly Baked
Cookies

Tuesday
Coconut Granola
Flapjack

Wednesday
Caribbean Coconut
Fruit Crumble

Thursday
Pineapple Chilli
Fruit Pot

Friday
Homebakes
Selection

MENU KEY



Vegetarian



Vegan and Planet Friendly



New Dish



Spiced

