

MY
LUNCH
MY
WAY

ON A
FRESH FOOD
MISSION

THE



KITCHENEERS

LUNCH

WEEK 1

W/C 01/09, 15/09, 29/09, 13/10,
27/10, 10/11, 01, 24/11,

EAT WELL
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza Slab 	Southern Baked Chicken, Wedges	Roast Chicken, Roast Potatoes	Katsu Style Chicken Curry, Rice 	Battered Pollock, Chips
MAIN 2	Crispy Topped Cauliflower & Broccoli Crunchy Cheese Bake, Half Jacket 	 Chilli Bean Tortilla Stack  	Shepherdess Pie 	Sloppy Joes Garlic Bread, Potato Salad 	Smashed Falafel Pitta, Slaw, Chips 
REAL FOOD FAST	Authentic Tikka Pitta 	Mammoth Beef Chilli Nachos 	Loaded Meatball Sub 	Carbonara Pizza	Buddha Bowl Quorn Fillets 
VEG	Green Beans 	Sweetcorn 	Carrots & Cabbage 	Roasted Vegetables 	Peas & Carrots or Baked Beans 



MEAL DEAL – MAIN MEAL & DESSERT

ONLY
£2.61

AVAILABLE DAILY

Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer (V/VE 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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WEEK 2

W/C 08/09, 22/09, 06/10, 20/10,
03/11, 17/11, 01/12,

EAT WELL
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Dirty Creamy Mac'n'Cheese 🍷	Cottage Pie & Mash	Chicken Shawarma, Chips	Thai Coconut Chicken Curry 🍷, Rice	Sweet Chilli Chicken Wrap & Chips
MAIN 2	<small>NEW</small> Penne Pasta with Tomato & Chilli 🍷🍷	Creamy Mushroom Pasta 🍷	Roasted Vegetable Shawarma, Chips 🍷	Southern Baked Halloumi Burger, Wedges 🍷	<small>NEW</small> Breakfast Wrap & Chips 🍷
REAL FOOD FAST	Mexican Chimichurri Wedges 🍷🍷	Spicy Beef Noodle Broth 🍷	Roast Chicken Wrap	Loaded Punjabi Masala, Wedges 🍷🍷	Red Pepper Pizza 🍷
VEG	Sweetcorn 🍷	Garden Peas 🍷	Fresh Carrots & Swede 🍷	Broccoli 🍷	Peas & Carrots or Baked Beans 🍷

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🍷🍷 Vegan and Planet Friendly

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KITCHENEERS

TARIFFS

MEAL DEAL INCLUDES HOT OR COLD ITEM AND A DESSERT.

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MORNING BREAK

Breakfast Wrap	£2.00
Bacon Bap	£1.40
Sausage Bap	£1.40
8" Sausage Roll	£1.80
1/2 Toasted Bagel	£0.50
1/2 Toasted Cheese Bagel	£0.90
Dirty Potato Wedges	£1.00
Pizza Wedge	£1.40
Waffles	£1.40
Veggie Sausage roll	£1.80
1/2 Cheese Toastie	£0.80
Toast per Slice	£0.40
Cinnamon Swirl	£1.30
Nacho Salsa Pot	£1.35
1/2 Toasted Cheese Panini	£1.20
Pancakes with Syrup	£1.10
Bacon and Cheese Turnovers	£1.80

LUNCH

Main Meal and Cake	£2.61
Main Meal Deal	£2.61
Veggie Main Meal and Cake	£2.61
Filled Baguette	£2.40
Fish & Chips	£2.61
Salad Bar Extra filling	£0.75
Salad Pot	£1.70
Jacket Potato Extra Filling	£0.80
Pasta special	£2.30
Naandoori	£2.40
Meat Ball Sub	£2.40
Home Made Wrap	£2.40
Theme Day Meals	£2.61

COLD OFFER

Sandwich Standard	£2.00
Baguette Standard	£2.40
Pasta Salad Pots	2.00
Home Made Wrap Standard	£2.30
Salad Pot	£1.70

DESSERTS

Fruit Whole Piece	£0.70
Fruit Pot	£1.10
Fruit Jelly	£0.80
Yoghurt with Topping	£0.90
Homebake	£0.90
Cookies	£1.00
Doughnut	£0.90
Mini Biscuits	£0.70

DRINKS

Still Water 500ml	£1.15
Viva Milk Shake	£1.15
Radnor Fizz	£1.10
Radnor Splash	£1.25
Fruit Juice Cartons 200ml	£1.15
Hot Chocolate	£1.00
	£1.00

MISC

Pop Chips	£1.20
Pop Corn	£1.20