

MY
LUNCH
MY
WAY

ON A
FRESH FOOD
MISSION

THE




















KITCHEENEERS

LUNCH

WEEK 1

W/C 2/03 16/03 13/04 27/04 11/05 01/06
15/06 29/06 13/07

EAT WELL
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Mac'n' Cheese 	Grilled Pork Sausage, Mash	Roast Chicken, Roast Potatoes	 Chilli con Carne, Rice	Battered Pollock, Chips
MAIN 2	Pasta Arrabiata 	 Creamy Mushroom Pasta  	Summer Veg Taco 	Bean & Pepper Quesadilla  	Breakfast Wrap, Chips 
REAL FOOD FAST	Mexican Chimichurri Wedges 	 Chicken Banh Mi	Quorn Wurst Roll 	Loaded Punjabi Masala Wedges	Loaded Red Pepper Pizza 
VEG	Sweetcorn 	Peas 	Carrots 	Broccoli 	Peas & Carrots or Baked Beans 



MEAL DEAL – MAIN MEAL & DESSERT

ONLY
£2.61

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 2

W/C 23/02 09/03 23/03 20/04 04/05
18/05 08/06 22/06 06/07

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Succulent USA Big Burger, Wedges 	Jerk Chicken, Rice	Chicken & Veg Puff Pastry Pie, Roast Potatoes	Thai Coconut Chicken Curry  , Rice	Handmade Chunky Sausage Roll & Chips
MAIN 2	West African Jollof Rice  	Sweet Potato & Chick Pea Curry, Rice 	Golden Plant Sausage Roll, Roast Potatoes 	Spicy Enchilada, Pea Guacamole, Rice  	 BBQ Bean & Cheese Pasty, Chips 
REAL FOOD FAST	Garlic & Chilli Donburi Bowl  	Chicken Fajita Bowl 	Roast Chicken Wrap	Thai Green Chicken Noodles 	Korean Chicken Burger
VEG	Sweetcorn 	Broccoli 	Savoy Cabbage & Carrots 	Green Beans 	Peas & Carrots or Baked Beans 



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