

# LUNCH WEEK 1



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN MEAL #ONE

Chilli Beef Served With Cous Cous & Seasonal Vegetables

Marinated Chicken Drumstick House Salad Corn Salsa Baby Potatoes

Roast Pork Loin Apple Sauce Sage & Onion Stuffing, Gravy.

Delhi Tikka Chicken Masala Served with Rice, Naan Bread & Mango Chutney

Battered Fish, Chips, Peas & Tartare Sauce

### MAIN MEAL #TWO

Butternut Squash & Chickpea Tagine, Served With Cous Cous & Mint Yoghurt

Quorn Ratatouille Served with rice

Vegetable Hot Pot Served With Seasonal Vegetables

Mughlai Vegetable Korma Served with Rice, Naan Bread & Mango Chutney

Black Bean Noodles & Stir Fried Vegetables

### HANDHELD

Authentic Pizza Slice

Pitta Pizza

Vegan Sausage Roll

Authentic Pizza Slice

Gyros Chicken Wrap

### BOWLED OVER

Pasta Kitchen

Noodle Street

Pasta Kitchen

Pasta Kitchen

Pasta Kitchen

### DESSERTS

Chocolate & Mandarin Brownie

Spiced Muffin & Vanilla Custard

Toffee Apple Crumble

Lemon Drizzle

Syrup Sponge & Custard

**caterlink**  
feeding the imagination

## SOUPS

Come and try our range of soups available. Varying daily and providing healthy options to you all!

## ALLERGIES

PLEASE SPEAK TO OUR STAFF MEMBERS IF YOU HAVE ANY ALLERGIES AND NEED TO KNOW WHAT IS WITHIN EACH OF OUR DISHES. THEY WILL ADVISE YOU ON YOUR AVAILABLE FOOD CHOICES.

## JACKET STATION

Sweet potatoes and Jacket potatoes with various fillings on offer including; cheddar cheese, baked beans and tuna with mayonnaise

## Bowled Over

Pasta / rice / noodles served daily with different toppings!

**meal Deals** £2.55

VEGAN OPTIONS AVAILABLE DAILY!

THE UPROOTED KITCHEN

# LUNCH WEEK 2



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN MEAL #ONE

**Mac And Cheese Monday**  
Classic Macaroni In A Rich Cheese Sauce And Baked To perfection

Flavoured Chicken Strips in A Khobez Flatbread with Selected Salads & Sauces Good Stuff

Roasted Turkey Cranberry Sauce Sage & Onion Stuffing & Gravy

Beef Madras Served with Rice, Naan Bread & Mango Chutney

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

### MAIN MEAL #TWO

A selection Of Meat & Veggie Toppers, Served With Coleslaw & House Salad

Falafel, Hummus with Salads, Sauces In A Khobez Wrap Good Stuff

Spring Vegetable Pie, Topped With Pastry & Served With Seasonal Vegetables Good Stuff

Mangalore Malabar Vegetable Curry Served with Rice, Naan Bread & Mango Chutney

Smokey Vegetable Enchilada Served with Coleslaw

### HANDHELD

Tikka Chicken Flatbread With Slaw & Sauce

Pizza Calzone Pocket

Authentic Pizza Slice

BBQ Beef Burrito

Authentic Pizza Slice

### BOWLED OVER

Soy Broccoli & Spring Onion Noodles Good Stuff

Pasta Kitchen Good Stuff

Sweet & Sour Noodles Good Stuff

Pasta Kitchen Good Stuff

Pasta Kitchen Good Stuff

### DESSERTS

Fruity Muffin

Vanilla Sponge & Lemon Custard

Toffee Apple & Pear Granola Crumble

Rice Pudding With Berry Sauce

Chocolate Chip Shortbread

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## JACKET STATION

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## Bowled Over

Pasta / rice / noodles served daily with different toppings!

**meal Deals**  
£2.55

VEGAN OPTIONS AVAILABLE DAILY!



# LUNCH WEEK 3



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN MEAL #ONE

Turkey & Leek Puff Pie  
Served With Baby Potatoes & Seasonal Vegetables.

Classic Beef Lasagne,  
Served With Broccoli

Roasted Gammon  
Served With Roast Potatoes, Seasonal Vegetables & Gravy

Chicken Tikka Masala,  
Served with Rice, Naan Bread & Mango Chutney

Battered Fish Served  
With Chips, Peas & Tartare Sauce

### MAIN MEAL #TWO

Roasted Vegetables & Hummus Wrap, Served With Baby Potatoes Good Stuff

Vege Mince Lasagne,  
Served With Garlic Slice & Chopped Salad Good Stuff

Quinoa & Cous Cous  
Stuffed Pepper, Spiced Tomato Sauce & Seasonal Vegetables Good Stuff

Vegan Kheema Curry  
Served with Rice, Naan Bread & Mango Chutney Good Stuff

Mexican Vegetable  
Fajitas  
Served With Coleslaw Good Stuff

### HANDHELD

Authentic Pizza Slice

BBQ Chicken Panini

Pitta Pizza

Cheese & Tomato Panini

Authentic Pizza Slice

### BOWLED OVER

Pasta Kitchen Good Stuff

Vegetable Chow Mein Noodles Good Stuff

Pasta Kitchen Good Stuff

Black Bean Noodles Good Stuff

Pasta Kitchen Good Stuff

### DESSERTS

Warm Red Cherry Pancake

Multi Seed Flapjack

Rhubarb Crumble & Custard

Sticky Toffee Pudding

Chocolate Orange Sponge

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## JACKET STATION

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## Bowled Over

Pasta / rice / noodles served daily with different toppings!

**meal Deals** £2.55

VEGAN OPTIONS AVAILABLE DAILY!

THE ROOTED KITCHEN