

LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Classic Macaroni Baked in a rich Cheese Sauce and cooked to perfection

Jerk Sausages Served with Chive mashed potato, roasted carrots & gravy

Chicken Pie Served with baby potatoes & Broccoli

Chicken Coronation Curry Served with rice & mango chutney

Battered Fillet of Fish served with chips, garden peas or beans & tartare sauce

MAIN MEAL #TWO

A choice of meat & veggie toppers, served with house salad & coleslaw

Plant Based Vegetable Wellington, served with mashed potato, roasted carrots & gravy

Red Pepper & Cheese Frittata Served with baby potatoes & Broccoli

Butternut Squash, Chickpea & potato curry Served with rice & mango chutney

Chefs Americas Tex Mex Tacos Served with chips & Peas

HANDHELD

Ham & Cheese Panini

Chicken Wrap

Cheese & Onion Panini

Jumbo Hotdog

Pepperoni Panini

BOWLED OVER

Street Chicken Noodles

Herby Tomato Pasta

Loaded Wedges

Loaded Nachos

Tomato Meatball Pasta

DESSERTS

Lemon Drizzle Sponge

Creamy Rice Pudding

Apple & Cherry Oaty Crumble

Shortbread

Chocolate & Banana Sponge

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

Hearty Meatball Goulash
Served with herby rice & sauté green beans

Marinated Chicken thigh or drumstick
Served with spicy rice & slaw

Roasted Gammon Roast
Potatoes Seasonal vegetables & Gravy

Stir fry Turkey in soy & Ginger with Noodles
Served with prawn crackers

Breaded Fish Fingers served with chips, garden peas or beans & tartare sauce

MAIN MEAL #TWO

Wholewheat Vegetable Pasta Bake
Served with sauté green beans

Classic Ratatouille
Served with spicy rice

Smokey Vegetable Enchilada
Served With Coleslaw

Black Bean Noodles & Stir Fried Vegetables

Vegan Bolognaise
Served with spaghetti & garlic bread

HANDHELD

Authentic Pizza Slice

Half Cheese & Tomato Bagel

Authentic Pizza Slice

Cheese & Tomato Panini

Ham & Cheese Folded Naan

BOWLED OVER

Herby Tomato Pasta

Cheesy Pasta

Sweet Chilli Noodles

Vegetable Chilli & Rice

Loaded Nachos

DESSERTS

Chocolate & Kidney bean muffin

Syrup Sponge

Plum Crumble

Vanilla Sponge

Oatmeal Cookie

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LUNCH WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Chicken Jambalaya
Served with Latin salad & Nachos

50% plant based Cottage Pie
Served with green cabbage & buttered swede

Pork Casserole, Potatoes, & carrots

Piri Piri Chicken Strips
Khobez wrap, Salads & Sauce options

Breaded Fishcake served with chips, garden peas or beans & tartare sauce

MAIN MEAL #TWO

Ramirez Wrap served with latin salad & nachos

Chickpea & Vegetable hot pot
Served with green cabbage & buttered swede

Macaroni Cheese Bake topped with Crispy Sage Stuffing

Falafel & Hummus
Khobez wrap, salads & sauce options

Quorn Mince Lasagne
Served with chips and Peas

HANDHELD

Hot filled Baguette

Chicken Burger

Tomato & Cheese Panini

Authentic Pizza Slice

Bbq Chicken Wrap

BOWLED OVER

Tomato & Mascarpone Pasta

Soy Vegetable Noodles

Loaded Nachos

Herby Tomato Pasta

Sausage & Chips

DESSERTS

Cinnamon nachos & chocolate sauce

Oaty Flapjack

Bread & Butter Pudding

Sticky toffee apple crumble

Pancake & Cherry sauce

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feeding the imagination

meal Deals £2.55

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THE PROOTED KITCHEN