

MY
LUNCH
MY
WAY

ON A
FRESH FOOD
MISSION

THE

KITCHENEERS

LUNCH

WEEK 1

Week commencing 21.04, 12.05, 02.06, 23.06,
14.07, 15.09, 06.10

EAT WELL
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Beef Lasagne 	Katsu Chicken	Roast Chicken	Red Pepper Pizza 	Oven Baked Battered Pollock
MAIN 2	Cauliflower & Broccoli Crunchy Cheese Bake 	Red Pepper & Bean Biryani 	Dirty Butternut Squash Mac'n'Cheese 	 Falafel Flatbread 	Baked Halloumi Burger 
REAL FOOD FAST	 Spiced Noodle Broth  	Loaded Punjabi Masala  	Chicken Fajita Wrap 	Loaded Meatball Sub 	Korean Crispy Wrap 
CARBS	Rice / Garlic Bread 	Rice 	Roast Potatoes 	Cous Cous 	Chips 
VEG	Broccoli / Tomato & Onion Salad	Green Beans	Carrots / Sweetcorn	Broccoli / Fattoush	Peas & Carrots/ Mushy Peas

MEAL DEAL – MAIN MEAL & DESSERT

ONLY
£2.50

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

 Plant+

(meat dishes packed with plant-based ingredients for increased fibre)

 New Dish

 Spiced





Week commencing 28.04, 19.05, 09.06, 30.06,
01.09, 22.09, 13.10



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Pork Sausage	Big American Burger	Roast Chicken	Thai Coconut Chicken Curry	Oven Baked Battered Fish
MAIN 2	Leek & Cheese Pie	Chickpea & Coconut Dahl	Succulent Quorn Roast	Pasta Arrabiata	Korean Style Hot Dog
REAL FOOD FAST	Authentic Tikka Pitta	BBQ Sausage & Pit Bean Hashette	Roast Chicken Baguette	Tomato & Corn Rice Pot	Chilli Nachos
CARBS	Mashed Potato	Bombay Potatoes / Rice	Roast Potatoes	Rice / Focaccia Bread	Chips
VEG	Garden Peas & Sweetcorn	Green Beans / House Salad	Cabbage & Carrots / Asian Slaw	Sweetcorn / House Salad	Peas & Carrots / Mushy Peas

MEAL DEAL – MAIN MEAL & DESSERT

ONLY £2.50

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

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WEEK 3

Week commencing 05.05, 26.05, 16.06, 07.07,
08.09, 29.09, 20.10

EAT WELL
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Jerk Chicken 🔥	Teriyaki Chicken	Roast Chicken	NEW Focaccia Cheese & Tomato Pizza 🌱	Oven Baked Battered Fish
MAIN 2	Coriander, Chilli, Lime Meatball Wrap 🌱🔥	Fully Loaded Shawarma 🌱	NEW Japanese Teriyaki Rice Cakes 🌱	Chickpea & Spinach Curry 🌱🔥	NEW Italian Marinara Style Pasta 🌱
REAL FOOD FAST	Carbonara Pizza	Southern Baked Chicken 🔥	Roast Chicken Wrap	Indian Style Sweet Potato Roll 🌱	NEW Caribbean Spiced Jerk Dog 🌱
CARBS	Rice & Peas / New Potatoes 🌱	Potato Wedges 🌱	Roast Potatoes 🌱	Rice 🌱	Chips 🌱
VEG	Mixed Salad / Broccoli	Peas / Asian Slaw	Green Beans / Carrots	Bean Salad / Savoy Cabbage	Peas / Mushy Peas

MEAL DEAL – MAIN MEAL & DESSERT

ONLY
£2.50

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

🌱 Plant+ (meat dishes packed with plant-based ingredients for increased fibre)

NEW New Dish

🔥 Spiced

