

LUNCH

WEEK 2

EAT WELL
LIVE NICE

ON A
FRESH FOOD
MISSION

MY
LUNCH
MY
WAY

THE

KITCHENEERS

w/c 07/09, 28/09, 19/10, 9/11,
30/11, 21/12, 11/01, 01/02, 22/02

Halal and non-halal options available

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Sweet Potato & Bean Jalfrezi with Rice 🍛	Grilled Sausage & Mash	🍷 Lemon & Thyme Roast Chicken Thigh with Gravy	Teriyaki Chicken with Noodles	Classic Battered Fish / Chicken Strips / Sausage (Plain or Battered)
Main 2	🍷 Chana Masala - Rich Spiced Chick Pea Curry 🍛	🍷 Cheesy Leek & Onion Puff Pastry Pie 🍷	Breakfast Wrap 🍷	Pad Thai 🍛	Pizza Slice or Veggie Nuggets with Classic Curry Sauce or Chippy Gravy 🍷
Carb	Steamed Rice	Chive Mash	Skin on Roasties	Soya Noodles 🍷	Chips / Fries
Veg / Salad	Garlic Green Beans	Broccoli & Peas	Roast Parsnip & Green Beans	Wokked Greens & Beans	Garden Peas / Smashed Peas
Potted	Meatball Marinara Pasta	Katsu Chicken & Rice	Tomato Soup w/ Half Cheese Toastie Combo 🍷	Pasta Bolognese	Chicken Curry Rice/ Chips Pot
Hand Held	Cheesy Bean Quesedilla 🍷	Chicken Tikka Roti Wrap with Mint Yoghurt	Loaded Cheese & Gravy Roasties Pot 🍷	Thai Green Chicken Noodles	Classic Ketchup & Crispy Onion Hot Dog

SERVED DAILY

Pizza By The Slice
Fresh Toasted Panini
Selection of Filled Breads
Selections of Salads
Freshly Cut Fruit

JACKET CLASSIC

Baked Beans,
Cheddar Cheese
or Beans & Cheese

SPUDS

TOPPED SPUDS

Monday - Tikka Kofta Masala
Tuesday - Katsu Chicken
Wednesday - Cheese, Stuffing & Gravy
Thursday - Bolognese
Friday - Classic Selection

DESSERTS

Monday
Freshly Baked
Cookies

Tuesday
Coconut Granola
Flapjack

Wednesday
Caribbean Coconut
Fruit Crumble

Thursday
Pineapple Chilli
Fruit Pot

Friday
Homebakes
Selection

MENU KEY



Vegetarian



Vegan and Planet Friendly



New Dish



Spiced

