

LUNCH

WEEK 3

EAT WELL
LIVE NICE

ON A
FRESH FOOD
MISSION

MY
LUNCH
MY
WAY

THE

KITCHENEERS

w/c 14/09, 05/10, 26/10, 16/11,
07/12, 28/12, 18/01, 08/02

Halal and non-halal options available

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	 Marinated Peri Peri Chicken with Perinaise Dip	 Meatball Marinara Loaded Lasagne	 Sticky & Smokey Glazed Gammon with Yorkshire Pudding & Gravy	Kansas BBQ Chicken with Rice	Classic Battered Fish / Chicken Strips / Sausage (Plain or Battered)
Main 2	Bean & Pepper Quesadilla 	 Simply Veggie Lasagne 	Southern Baked Halloumi Burger & Wedges 	 Butterbean & Roasted Sweet Potato Dahl 	Pizza Slice or Veggie Nuggets with Classic Curry Sauce or Chippy Gravy 
Carb	Spicy Rice	Focaccia	Skin on Roasties	Steamed Rice	Chips
Veg / Salad	Lemon & Lime Slaw	Garlic Green Beans & Peas	Broccoli & Carrots	Mango Kale Chaat Salad	Garden Peas / Smashed Peas
Potted	Classic Bolognese	Katsu Chicken & Rice	Tomato Soup w/ Half Cheese Toastie Combo 	Bacon Carbonara & Pasta	Chicken Curry Rice/ Chips Pot
Hand Held	Honey Sriracha Chicken Wrap	Pesto Chicken & Cheese Hot Focaccia Sandwich	Loaded Cheese & Gravy Roasties Pot 	Buffalo Style Wings & Wedges Pot	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 – Carbonara
Tuesday – Chicken Katsu
Wednesday – Gammon & BBQ Drizzle
Thursday – Butter Chicken or Bean Dahl
Friday – Spicy Salmon Crunch

DESSERTS

Monday
Freshly Baked Cookies

Tuesday
Old Skool Sprinkle Cake with Custard

Wednesday
Cinnamon Apple Pie & Custard

Thursday
Watermelon Wedges with Lime

Friday
Homebakes Selection

MENU KEY



Vegetarian



Vegan and Planet Friendly



New Dish



Spiced

