

# LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

50% Plant Based Bolognese, Garlic Bread & Salad

Marinated Chicken Pieces, Wings & Sides

Roast Pork Loin Apple Sauce Apricot & Parsley Stuffing, Gravy.

Delhi Tikka Chicken Masala, Rice and Sides

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

Quorn Mince Ragu

Spicy Bean Burger, Sweet Chilli & Lettuce

Mac n Cheese



Mughlai Vegetable Korma, Rice & Sides

Fajita Spiced Vegetable Fajitas

HANDHELD

Pepperoni Pizza Slice Triple Cheese Panini

Cheese Panini BBQ Chicken flatbread

Margherita Pizza Slice Chicken Fillet Burger, salsa & cheese

Triple Cheese Panini Tandoori Chicken flatbread

Fish Finger Ciabatta, lettuce & mayo

BOWLED OVER

Vegan Rice Bowl

Pasta Kitchen

Noodle Street

Pasta Kitchen

Pasta Kitchen

DESSERTS

Chocolate & Mandarin Brownie

Peach Upside Down cake

Toffee Apple Crumble

Lemon Drizzle

Jam & Coconut 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**  
£2.20

VEGAN OPTIONS AVAILABLE DAILY!

THE UPROOTED KITCHEN

# LUNCH WEEK 2



**LEBANESE STREET FOOD**



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MAIN MEAL #ONE**

Meatball Marinera  
Garlic & Herb  
Seasoned Wedges

Flavoured Chicken  
Strips in Flatbread  
with salads & sauces

Roasted Turkey  
Cranberry Sauce  
Sage & Onion  
Stuffing & Gravy

Madras Chicken,  
Garlic Rice & Sides

Battered Fish, Chips,  
Peas, Lemon &  
Tartare Sauce

**MAIN MEAL #TWO**

**Vegan** Veggie Chilli  
Garlic & Herb  
Seasoned wedges

Falafels & Houmous  
In Flatbread with  
salads & sauces

Mac n' Cheese



Mughlai Chickpea &  
Lentil Dahl  
Garlic Rice & Sides

Saveloy  
Fishcake

**HANDHELD**

Pepperoni Pizza  
Slice

Cheese Panini

Cheese & Red Onion  
Panini

Chicken Flatbread

Cheeseburger  
Margherita Pizza  
Slice

Tikka Folded Naan  
with mint yoghurt &  
Bombay slaw

Quorn Dog, Onions &  
Salsa

**BOWLED OVER**

Pasta Kitchen

Flavoured Chicken &  
Cous Cous

Pasta Kitchen

Noodle Street

Pasta Kitchen

**DESSERTS**

Chocolate & Apple  
Cake

Orange Bread &  
Butter Pudding

Berry Crumble

Carrot & Courgette  
Sponge

American Pancakes  
& topper

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**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**  
£2.20

**VEGAN OPTIONS AVAILABLE DAILY!**



# LUNCH WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Bangers & Mash

Beef Chilli served with rice & sour cream

Roasted Honey Glazed Gammon & Gravy

Chicken Tikka Masala, Rice & Sides

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

Veggie Sausage & Mash with Gravy

Roasted Vegetable & Feta Burrito

Mac n' Cheese



Mughlai Vegetable Korma, Rice & Sides

Fishcake Jumbo Sausage

HANDHELD

Pepperoni Pizza Slice

Loaded Nachos

Roast Gammon Bap

Chicken Pizza Slice

Grilled Garlic & Herb Halloumi Burger

Cheese Panini

Sweet Chilli Chicken Wrap

Margherita Pizza Slice

Pizza Melt Panini

BOWLED OVER

Pasta Kitchen

Vegan Nuggets & wedges

Noodle Street

Pasta Kitchen

Pasta Kitchen

DESSERTS

Eves Pudding

Warm Red Cherry Pancake

Wholemeal Apple & Cinnamon Crumble

Sticky Toffee Pudding

Chocolate Sponge

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**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** £2.20

VEGAN OPTIONS AVAILABLE DAILY!

THE ROOTED KITCHEN