

MY
LUNCH
MY
WAY

ON A
FRESH FOOD
MISSION

THE

KITCHENEERS

LUNCH

WEEK 1

EAT WELL
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Soy Tofu Wok Fried Noodles 	Southern Baked Chicken, Wedges	Roast Chicken, Roast Potatoes	Halal Pasta Bolognese	Battered Pollock, Chips
MAIN 2	Protein Loaded Chilli, Rice 	 Chilli Bean Tortilla Stack  	Hearty Quorn Roast, Roast Potatoes 	Sloppy Joes Garlic Bread, Potato Salad 	Smashed Falafel Pitta, Slaw, Chips 
REAL FOOD FAST	Authentic Tikka Pitta 	Mammoth Beef Chilli Nachos 	Loaded Meatball Sub 	Carbonara Pizza	Buddha Bowl Quorn Fillets 
VEG	Green Beans 	Sweetcorn 	Carrots & Cabbage 	Roasted Vegetables 	Peas & Carrots or Baked Beans 

MEAL DEAL – MAIN MEAL & DESSERT

ONLY
£X.XX

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



New Dish



Spiced



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WEEK 2

EAT WELL
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Dirty Creamy Mac'n'Cheese 	Chicken Sausage & Mash	Halal Roast Chicken, Roast Potatoes	Thai Coconut Chicken Curry  , Rice	Oven Baked Battered Pollock & Chips
MAIN 2	Sweet Potato & Bean Jalfrezi, Rice  	Sizzling Quorn Sausage & Mash 	Roasted Vegetable Shawarma, Chips 	Southern Baked Halloumi Burger, Wedges 	K-Dogs & Chips  
REAL FOOD FAST	Mexican Chimichurri Wedges  	Spicy Beef Noodle Broth 	Roast Chicken Wrap	Loaded Punjabi Masala, Wedges  	Red Pepper Pizza 
VEG	Sweetcorn 	Garden Peas 	Fresh Carrots & Swede 	Broccoli 	Peas & Carrots or Baked Beans 

MEAL DEAL – MAIN MEAL & DESSERT

ONLY
£X.XX

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



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WEEK 3

EAT WELL
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Succulent American Big Burger, Wedges 	BBQ Chicken, Rice	Roast Gammon, Roast Potatoes	 Beef Burrito, Rice 	Oven Baked Pollock, Chips
MAIN 2	West African Jollof Rice 	Tasty Chickpea & Spinach Curry, Rice  	 Golden Sausage Roll 	Italian Marinara Style Pasta 	BBQ Cheesy Corn Flatbread, Chips 
REAL FOOD FAST	Winter Vegetable, Smoky Sausage Hot Pot 	Halal Mexican Chicken Fajita Bowl 	Garlic & Chilli Donburi Bowl 	Halal Thai Green Chicken Noodles	 Caribbean Spiced Jerk Dog 
VEG	Sweetcorn 	Broccoli 	Savoy Cabbage, Carrots 	Green Beans 	Carrots & Peas or Baked Beans 

MEAL DEAL – MAIN MEAL & DESSERT

ONLY
£X.XX

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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