

LUNCH

SPRING/SUMMER

WEEK 1

EAT WELL
LIVE NICE

ON A
FRESH FOOD
MISSION

MY
LUNCH
MY
WAY

THE

KITCHEENEERS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Sweet Potato & Chickpea Slice, Garlic Bread (VE)	(N) Keema Samosa (S)	Roast Chicken & Roast Potatoes	(N) Chilli Con Carne, Rice (S)	Battered Pollock & Chips
MAIN 2	Pasta Arrabiata (VE)	(N) Creamy Mushroom Pasta (VE) (S)	Summer Veg Taco (VE)	Southern Baked Halloumi Burger, Wedges (V)	K Dog, Chips (VE)
REAL FOOD FAST	Mexican Chimichurri Wedges 	(N) Chicken Banh Mi	Quorn Wurst Roll 	Loaded Punjabi Masala Wedges	Loaded Red Pepper Pizza 
VEG	Sweetcorn 	Peas 	Carrots 	Broccoli 	Peas & Carrots or Baked Beans 

MEAL DEAL
MAIN MEAL & DESSERT



AVAILABLE DAILY

Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer. Vegetarian and vegan 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

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KITCHENEERS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Succulent American Big Burger, Wedges (VE)	Jerk Chicken & Rice	Chicken & Veg Puff Pastry Pie	Thai Coconut Chicken Curry, Rice	Handmade Chunky Sausage Roll & Chips
MAIN 2	West African Jollof Rice(VE) (S)	Three Bean Chilli, Rice(VE)	Golden Sausage Roll (VE), Roast Potatoes	Italian Style Pasta (VE)	(N) BBQ Bean & Cheese Pasty, Chips (V)
REAL FOOD FAST	Garlic & Chilli Donburi Bowl  	Mexican Chicken Fajita Bowl (S)	(N) Roast Chicken Dinner Wrap Halal Roast Chicken Dinner Wrap	Thai Green Chicken Noodles(S)	Korean Chicken Burger
VEG	Sweetcorn 	Broccoli 	Savoy Cabbage & Carrots 	Green Beans 	Peas & Carrots or Baked Beans 

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MAIN MEAL & DESSERT



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DESSERTS

Choice of fresh seasonal fruit  (cut or whole), flavoured yoghurts  or dessert of the day.

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Vegan and Planet Friendly



New Dish



Spiced



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KITCHENEERS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	K Style Cheesy Corn Flatbread (V)	Hot & Spicy Wings, Wedges (S)	Teriyaki Chicken & Noodles	Spaghetti Bolognese	Oven Baked Pollock, Chips
MAIN 2	Protein Loaded Chilli, Rice (VE)	Pad Thai (VE)	(N) Summer Quiche (V)	Sweet Potato Chana Masala, Rice (VE) (S)	Smashed Falafel Pitta Bread, Slaw, Chips (VE)
REAL FOOD FAST	Authentic Tikka Pitta 	Beef Chilli Nachos (S) or Halal Beef Chilli Nachos	Loaded Meatball Sub 	Carbonara Pizza	Buddah Bowl Quorn Fillets 
VEG	Green Beans 	Sweetcorn 	Savoy Cabbage, Carrots 	Roasted Veg 	Carrots & Peas or Baked Beans 

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MAIN MEAL & DESSERT



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MAIN 1	Sweet Potato & Chickpea Slice, Garlic Bread (VE)	(N) Halal Keema Samosa (S)	Halal Roast Chicken & Roast Potatoes	(N) Halal Chilli Con Carne, Rice (S)	Battered Pollock & Chips
MAIN 2	Pasta Arrabiata (VE)	(N) Creamy Mushroom Pasta (VE) (S)	Summer Veg Taco (VE)	Southern Baked Halloumi Burger, Wedges (V)	K Dog, Chips (VE)
REAL FOOD FAST	Mexican Chimichurri Wedges 	(N) Chicken Banh Mi	Quorn Wurst Roll 	Loaded Punjabi Masala Wedges	Loaded Red Pepper Pizza 
VEG	Sweetcorn 	Peas 	Carrots 	Broccoli 	Peas & Carrots or Baked Beans 

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MAIN 2	West African Jollof Rice (VE) (S)	Three Bean Chilli, Rice(VE)	Golden Sausage Roll (VE), Roast Potatoes	Italian Style Pasta (VE)	(N) BBQ Bean & Cheese Pasty, Chips (V)
REAL FOOD FAST	Garlic & Chilli Donburi Bowl  	Mexican Chicken Fajita Bowl (S)	(N) Halal Roast Chicken Dinner Wrap	Halal Thai Green Chicken Noodles(S)	Halal Korean Chicken Burger
VEG	Sweetcorn 	Broccoli 	Savoy Cabbage & Carrots 	Green Beans 	Peas & Carrots or Baked Beans 

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REAL FOOD FAST	Authentic Tikka Pitta 	Beef Chilli Nachos (S) or Halal Beef Chilli Nachos	Loaded Meatball Sub 	Carbonara Pizza	Buddah Bowl Quorn Fillets 
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