

Cafeteria - Menu

MY LUNCH MY WAY

ON A FRESH FOOD MISSION

THE KITCHENEERS

LUNCH

WEEK 1

W/C 23/02, 16/03, 06/04, 27/04, 18/05, 08/06, 29/06, 20/07

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Mac'n' Cheese	Grilled Pork Sausage, Mash	Roast Chicken, Roast Potatoes	Chilli con Carne, Rice	Battered Pollock, Chips
MAIN 2	Pasta Arrabiata	Creamy Mushroom Pasta	Summer Veg Taco	Southern Baked Halloumi Burger, Wedges	Breakfast Wrap, Chips
REAL FOOD FAST	Mexican Chimichurri Wedges	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

ONLY £2.75

AVAILABLE DAILY

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

W/C 02/03, 23/03, 13/04, 04/05, 25/05, 15/06, 06/07, 27/07

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Succulent USA Big Burger, Wedges	BBQ Chicken, Rice	Roast Chicken, Roast Potatoes	Traditional Lasagne	Oven Baked Battered Pollock & Chips
MAIN 2	West African Jollof Rice	Sweet Potato & Chick Pea Curry, Rice	Golden Plant Sausage Roll, Roast Potatoes	Italian Style Pasta	Ultimate Biryani
REAL FOOD FAST	Garlic & Chilli Donburi Bowl	Chicken Fajita Bowl	Roast Chicken Wrap	Thai Green Chicken Noodles	Korean Chicken Burger
VEG	Sweetcorn	Broccoli	Savoy Cabbage & Carrots	Green Beans	Peas & Carrots or Baked Beans

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AVAILABLE DAILY

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DESSERTS

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WEEK 3

W/C 09/03, 30/03, 20/04, 11/05, 01/06, 22/06, 13/07

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza	Hot & Spicy Wings & Wedges	Roast Chicken, Roast Potatoes	Chicken Katsu, Rice	Oven Baked Pollock, Chips
MAIN 2	Leek & Cheese Pie	Pad Thai	Pasta Primavera	Sweet Potato Chana Massala, Rice	Smashed Falafel Pitta, Slaw, Chips
REAL FOOD FAST	Authentic Tikka Pitta	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

MEAL DEAL – MAIN MEAL & DESSERT **ONLY £2.75**

AVAILABLE DAILY
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DESSERTS
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MENU KEY Vegetarian Vegan and Planet Friendly New Dish Spiced

