

LUNCH

WEEK 1

EAT WELL
LIVE NICE

ON A
FRESH FOOD
MISSION

MY
LUNCH
MY
WAY

THE

KITCHENEERS

w/c – 31/08, 21/09, 12/10, 02/11,
23/11, 14/12, 04/01, 25/01, 15/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	 BBQ Chicken Loaded Mac with Spicy BBQ Drizzle	 Smash Burger with House Sauce & Shredded Lettuce	 Garlic & Thyme Roast Pork with Dripping Gravy	 Massaman Chicken Curry with Crispy Onion & Lime	Classic Battered Fish Strips
Main 2	 Classic Mac 'n' Cheese with Herby Crumb 	 Hand Shaped Smokey Bean Burger with House Sauce & Shredded Lettuce 	 Cheesy Cauliflower & Red Onion Gratin 	 Thai Pineapple & Chick Pea Red Curry & Lime 	Pizza Slice with Classic Curry Sauce or Chippy Gravy 
Carb	--	Hand Cut Wedges	Skin on Roasties	Coconut Rice	Chips
Veg / Salad	Summer Crunch Salad	Ranch Drizzle Pink Slaw	Savoy Cabbage & Carrots	Wokked Greens & Beans	Garden Peas / Smashed Peas
Potted	Meatball Marinara Pasta	Katsu Chicken & Rice	Tomato Soup w/ Half Cheese Toastie Combo 	Pasta Bolognese	Chicken Curry Rice / Chips Pot
Hand Held	Hot Honey Chicken Thigh Burger	Mexican Bean Balance Bowl 	Loaded Cheese & Gravy Roasties Pot 	BBQ Pulled Pork Nachos with Pink Slaw	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 – Meatball Marinara
Tuesday – Pink Slaw & Ranch
Wednesday – Roast Pork & Gravy
Thursday – Massaman Curry
Friday – Spicy Salmon Crunch

DESSERTS

Monday
Freshly Baked Cookies

Tuesday
Southern Banana Pudding

Wednesday
Cinnamon Apple Crumble & Custard

Thursday
Sticky Toffee Cookies

Friday
Homebakes Selection

MENU KEY



Vegetarian



Vegan and Planet Friendly



New Dish



Spiced



LUNCH

WEEK 2

EAT WELL
LIVE NICE

ON A
FRESH FOOD
MISSION

MY
LUNCH
MY
WAY

THE

KITCHENEERS

w/c 07/09, 28/09, 19/10, 9/11,
30/11, 21/12, 11/01, 01/02, 22/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	 Tikka Kofta Style Meatball Massala Curry with Mint Yoghurt	 Flaky Mince & Onion Pie with Gravy	 Lemon & Thyme Roast Chicken Thigh with Gravy	 Hot Sweet & Sour Crispy Chinese Chicken	Classic Battered Fish Strips
Main 2	 Chana Masala - Rich Spiced Chick Pea Curry 	 Cheesy Leek & Onion Puff Pastry Pie 	 Quorn Sausage & Stuffing Wellington with Gravy 	 Edamame & Vegetable Soya Garlic Stir Fry 	Veggie Nuggets with Classic Curry Sauce or Chippy Gravy 
Carb	Steamed Rice	Chive Mash	Skin on Roasties	Soya Noodles	Chips / Fries
Veg / Salad	Garlic Green Beans	Broccoli & Peas	Roast Parsnip & Green Beans	Wokked Greens & Beans	Garden Peas/ Smashed Peas
Potted	Meatball Marinara Pasta	Katsu Chicken & Rice	Tomato Soup w/ Half Cheese Toastie Combo 	Pasta Bolognese	Chicken Curry Rice/ Chips Pot
Hand Held	Cheesy Bean Quesedilla 	Chicken Tikka Roti Wrap with Mint Yoghurt	Loaded Cheese & Gravy Roasties Pot 	Thai Green Chicken Noodles	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 – Tikka Kofta Masala
Tuesday – Katsu Chicken
Wednesday – Cheese, Stuffing & Gravy
Thursday – Bolognese
Friday – Classic Selection

DESSERTS

Monday
Freshly Baked Cookies

Tuesday
Coconut Granola Flapjack

Wednesday
Caribbean Coconut Fruit Crumble

Thursday
Pineapple Chilli Fruit Pot

Friday
Homebakes Selection

MENU KEY



Vegetarian



Vegan and Planet Friendly



New Dish



Spiced



Quorn

LUNCH

WEEK 3

EAT WELL
LIVE NICE

ON A
FRESH FOOD
MISSION

MY
LUNCH
MY
WAY

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

THE

KITCHENEERS

	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	 Butter Chicken Curry with Naan Fingers	Classic Battered Fish Strips
Main 2	 Veggie Bean Burger with Perinaise Dip 	 Simply Veggie Lasagne 	 Veggie Lentil Puff Pastry Pie 	 Butterbean & Roasted Sweet Potato Dahl 	Pizza Slice 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

