

MY LUNCH MY WAY

ON A FRESH FOOD MISSION

# THE KITCHENEERS

LUNCH

WEEK 1

W/C 23/02, 16/03, 13/04, 04/05, 25/05, 15/06, 06/07

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Mac'n' Cheese 	 Halal Keema Samosa 	Halal Roast Chicken, Roast Potatoes	Halal Chipotle Chicken, Corn Salsa, Rice 	Battered Pollock, Chips
<b>MAIN 2</b>	Pasta Arrabiata 	 Creamy Mushroom Pasta  	Roasted Vegetable Shawarma & Roast Potatoes 	Bean & Pepper Quesadilla  	K Style Dog, Chips 
<b>REAL FOOD FAST</b>	Mexican Chimichurri Wedges 	 Halal Chicken Banh Mi	Quorn Wurst Roll 	Loaded Punjabi Masala Wedges	Loaded Red Pepper Pizza 
<b>VEG</b>	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, 20/04, 11/05, 01/06, 22/06, 13/07

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	Succulent USA Big Burger, Wedges 	Halal Jerk Chicken, Rice	Halal Roast Chicken, Roast Potatoes	Halal Traditional Lasagne	Oven Baked Battered Pollock & Chips
<b>MAIN 2</b>	Cauliflower & Broccoli Cheesy Bake 	Three Bean Chilli, Rice 	Golden Plant Sausage Roll, Roast Potatoes 	Italian Style Pasta 	 BBQ Bean & Cheese Pasty, Chips 
<b>REAL FOOD FAST</b>	Garlic & Chilli Donburi Bowl  	Halal Chicken Fajita Bowl 	Halal Roast Chicken Wrap	Halal Thai Green Chicken Noodles 	Halal Korean Chicken Burger
<b>VEG</b>	Sweetcorn 	Broccoli 	Savoy Cabbage & Carrots 	Green Beans 	Peas & Carrots or Baked Beans 

## MEAL DEAL – MAIN MEAL & DESSERT

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### AVAILABLE DAILY

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### DESSERTS

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### MENU KEY

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 New Dish

 Spiced



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WEEK 3

W/C 09/03, 30/03, 27/04, 18/05, 08/06, 29/06, 20/07

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN 1</b>	K Style Cheesy Corn Flatbread 	Halal Southern Baked Chicken, Wedges	Halal Roast Chicken, Roast Potatoes	Halal Spaghetti Bolognese	Halal Chicken Sausage, Chips
<b>MAIN 2</b>	Loaded Chilli, Rice 	Pad Thai 	 Summer Quiche 	Sweet Potato Chana Massala, Rice  	Southern Fried Slaw Bowl, Chips 
<b>REAL FOOD FAST</b>	Authentic Tikka Pitta 	Halal Beef Chilli Nachos 	Loaded Meatball Sub 	Carbonara Pizza	Buddah Bowl Quorn Fillets 
<b>VEG</b>	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

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

