

LUNCH

WEEK 1

EAT WELL
LIVE NICE

ON A
FRESH FOOD
MISSION

MY
LUNCH
MY
WAY

THE

KITCHENEERS

W/C 01/09, 21/09, 12/10, 02/11, 23/11, 14/12, 04/01, 25/01

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	New BBQ Chicken Loaded Mac with Spicy BBQ Drizzle	New Smash Burger with House Sauce & Shredded Lettuce	New Garlic & Thyme Roast Pork with Dripping Gravy	New Massaman Chicken Curry with Crispy Onion & Lime	Classic Battered Fish/ Chicken Strips / Sausage (Plain or Battered)
Main 2	New Classic Mac 'n' Cheese with Herby Crumb (V)	New Hand Shaped Smokey Bean Burger with House Sauce & Shredded Lettuce (V)	New Cheesy Cauliflower & Red Onion Gratin (V)	New Thai Pineapple & Chick Pea Red Curry & Lime (VE)	Pizza Slice or Veggie Nuggets with Classic Curry Sauce or Chippy Gravy (V)
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 (V)	Pasta Bolognese	Chicken Curry Rice / Chips Pot
Hand Held	Hot Honey Chicken Thigh Burger	Mexican Bean Balance Bowl (VE)	Loaded Cheese & Gravy Roasties Pot (V)	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

SPUDS

JACKET CLASSIC

Baked Beans,
Cheddar Cheese
or Beans & Cheese

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 V - Vegetarian VE - Vegan and Planet Friendly New - New Dish



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, 09/11, 30/11, 11/01, 01/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	New Tikka Kofta Style Meatball Massala Curry with Mint Yoghurt	New Flaky Mince & Onion Pie with Gravy	New Lemon & Thyme Roast Chicken Thigh with Gravy	New Hot Sweet & Sour Crispy Chinese Chicken	Classic Battered Fish/ Chicken Strips / Sausage (Plain or Battered)
Main 2	New Chana Masala - Rich Spiced Chick Pea Curry (VE)	New Cheesey Leek & Onion Puff Pastry Pie (V)	New Quorn Sausage & Stuffing Wellington with Gravy (VE)	New Edamame & Vegetable Soya Garlic Stir Fry (VE)	Pizza Slice or Veggie Nuggets (V) with Classic Curry Sauce or Chippy Gravy
Carb	Steamed Rice	Chive Mash	Skin on Roasties	Soya Noodles	Chips
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 (V)	Pasta Bolognese	Chicken Curry Rice/Chips Pot
Hand Held	Cheesey Bean Quesedilla (V)	Chicken Tikka Roti Wrap with Mint Yoghurt	Loaded Cheese & Gravy Roasties Pot (V)	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

SPUDS

JACKET CLASSIC

Baked Beans,
Cheddar Cheese
or Beans & Cheese

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

V - Vegetarian VE - Vegan and Planet Friendly New - New Dish



LUNCH

WEEK 3

EAT WELL
LIVE NICE

ON A
FRESH FOOD
MISSION

MY
LUNCH
MY
WAY

THE

KITCHENEERS

W/C 14/09, 05/10, 16/11, 07/12, 18/01, 08/02,

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	NEW Marinated Peri Peri Chicken with Perinaise Dip	NEW Meatball Marinara Loaded Lasagne	NEW Sticky & Smokey Glazed Gammon with Yorkshire Pudding & Gravy	NEW Butter Chicken Curry with Naan Fingers	Classic Battered Fish/ Chicken Strips / Sausage (Plain or Battered)
Main 2	NEW Veggie Bean Burger with Perinaise Dip (VE)	NEW Simply Veggie Lasagne (VE)	NEW Veggie Lentil Puff Pastry Pie (V)	NEW Butterbean & Roasted Sweet Potato Dahl (VE)	Pizza Slice or Veggie Nuggets (V) 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 (V)	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 (V)	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

SPUDS

JACKET CLASSIC

Baked Beans,
Cheddar Cheese
or Beans & Cheese

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 V - Vegetarian VE - Vegan and Planet Friendly New - New Dish

