

# LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Cottage Pie  
Topped with Herby  
Potato Mash

Marinated Chicken  
Pieces, & Sides

Battered Fish, Chips,  
Peas, Lemon &  
Tartare Sauce

Delhi Tikka Chicken  
Masala, Rice and  
Sides

BBQ Chicken with  
Rice

MAIN MEAL #TWO

Quorn & Lentil  
Cottage Pie



Spicy Bean Burger,  
Sweet Chilli & Lettuce

Chilli Quorn Dog,  
Fairground Onions &  
Sauce

Mughlai Vegetable  
Korma, Rice & Sides



Macaroni and Cheese



HANDHELD

Brazilian Chicken  
Wrap

Pizza Baguette

Fish Finger Baguet  
with Chips



Chicken Wings &  
Wedges

Shredded Chicken in  
Wholemeal Baguette



BOWLED OVER

Pasta Kitchen



Noodle Street



Egg & Soy seasoned  
Rice Bowl

Pasta Kitchen



Pasta Kitchen



DESSERTS

Chocolate &  
Mandarin Brownie

Peach Upside Down  
cake

Rice Pudding With  
Apple Compote

Lemon Drizzle

Jam & Coconut  
Sponge

**caterlink**  
feeding the imagination

## SOUPS

Come and try our range of soups available. Varying daily and providing healthy options to you all!

## ALLERGIES

PLEASE SPEAK TO OUR STAFF MEMBERS IF YOU HAVE ANY ALLERGIES AND NEED TO KNOW WHAT IS WITHIN EACH OF OUR DISHES. THEY WILL ADVISE YOU ON YOUR AVAILABLE FOOD CHOICES.

## JACKET STATION

Sweet potatoes and Jacket potatoes with various fillings on offer including; cheddar cheese, baked beans and tuna with mayonnaise

## Bowled Over

Pasta / rice / noodles served daily with different toppings!

**meal  
DEALS**

VEGAN OPTIONS  
AVAILABLE  
DAILY!

THE  
UPROOTED  
**KITCHEN**

# LUNCH WEEK 2



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN MEAL #ONE

Baked Chicken Meatballs in a Spicy Tomato & Basil Sauce Served With Rice



Beef Chilli Nachos, Salsa, Guacamole & Paprika Rice

Breaded Fish, Chips, Peas, Lemon & Tartare Sauce

Flavoured Chicken Strips served in Seasoned Rice with Authentic Salads

Roast Chicken with Roast Potato

### MAIN MEAL #TWO

Quorn Dog With Fairground Onions & Seasoned Baked Wedges

Chunky Vegetable Chilli Nachos, Salsa, Guacamole & Paprika Rice

Old School Cheese & Red Onion Quiche

Falafels & Hummus served in a Flatbread with Authentic salads

Macaroni and Cheese



### HANDHELD

Selection of Panini

Tikka Chicken Flatbread With Slaw & Sauce

Chicken Wrap

Spicy Beef Burrito

Pizza Baguette

### BOWLED OVER

Pasta Kitchen



Pasta Kitchen



Sweet & Sour Noodles



Pasta Kitchen



Spicy Vegetable Rice Bowl



### DESSERTS

Chocolate & Apple Cake

Toffee Pear Granola Crumble

Carrot & Courgette Sponge

Berry Crumble Cake

Chocolate Chip Brownie

**caterlink**  
feeding the imagination

## SOUPS

Come and try our range of soups available. Varying daily and providing healthy options for you all!

## ALLERGIES

PLEASE SPEAK TO OUR STAFF MEMBERS IF YOU HAVE ANY ALLERGIES AND NEED TO KNOW WHAT IS WITHIN EACH OF OUR DISHES. THEY WILL ADVISE YOU ON YOUR AVAILABLE FOOD CHOICES.

## JACKET STATION

Sweet potatoes and Jacket potatoes on offer including; cheddar cheese, baked beans and tuna with mayonnaise

## Bowled Over

Pasta / rice / noodles served daily with different toppings!

**meal Deals**

VEGAN OPTIONS AVAILABLE DAILY!

THE UPROOTED KITCHEN

# LUNCH WEEK 3



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN MEAL #ONE

Bangers & Mash with Garden Peas & Red Onion Gravy

Italian Beef Lasagne Served With House Salad & Garlic Bread

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

Chicken Curry, Rice & Sides

Jerk Chicken with Rice and Peas

### MAIN MEAL #TWO

Quorn Sausage Served With Buttery Mash, Peas & Red Onion Gravy

Vegetarian Lasagne Served With House Salad & Garlic Bread

Vegan Spinach & Kale Burger, Vegan Mayo & Salad

Sweet Potato and Spinach Curry, Rice & Sides

Macaroni and Cheese



### HANDHELD

Pizza Baguette

Sweet Chilli Chicken Wrap

Fish Finger Baguette with Chips

Selection of Panini

BBQ Chicken Wrap

### BOWLED OVER

Pasta Kitchen

Vegetable Chow Mein Noodles

Pasta Kitchen

Black Bean Noodles

Pasta Kitchen

### DESSERTS

Pancake with Warm Cherry Compote

Marble Sponge

Wholemeal Apple & Cinnamon Crumble

Sticky Toffee Pudding

Chocolate Orange Sponge

**caterlink**  
feeding the imagination

## SOUPS

Come and try our range of soups available. Varying daily and providing healthy option to you all!

## ALLERGIES

PLEASE SPEAK TO OUR STAFF MEMBERS IF YOU HAVE ANY ALLERGIES AND NEED TO KNOW WHAT IS WITHIN EACH OF OUR DISHES. THEY WILL ADVISE YOU ON YOUR AVAILABLE FOOD CHOICES.

## JACKET STATION

Sweet potatoes and Jacket potatoes with various fillings on offer including; cheddar cheese, baked beans and tuna with mayonnaise

## Bowled Over

Pasta / rice / noodles served daily with different toppings!

**meal  
deals**

VEGAN OPTIONS  
AVAILABLE  
DAILY!

THE  
ROOTED  
KITCHEN