

# LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Chinese chicken with stir fry noodles

Toad in the hole with mash potatoes and vegetables

Battered fish, chips, peas or beans and tartare sauce

Somalian Beef Stew with rice and green beans

BBQ chicken drumsticks with rice And corn

MAIN MEAL #TWO

Black bean quorn with noodles

Vegetable toad in hole with mash potatoes and vegetables

Vegetable spring roll with egg fried rice and chilli sauce

Quorn and lentil stew with rice

Macaroni cheese

HANDHELD

Selection of items + Nuggets

Selection of items + Burgers

Selection of items + Hot Wraps

Selection of items

Selection of items + Hot dogs

BOWLED OVER

Pasta Kitchen - Halal Meatball or Herby tomato

Pasta Kitchen - Halal Mediterranean chicken or Peppernata

Pasta Kitchen - Halal Chicken fajita or Nepalese curry

Pasta Kitchen - Halal Meatball or Herby tomato

Pasta Kitchen - Halal Mediterranean chicken or Peppernata

DESSERTS

Chocolate Cake

Pineapple Upside Down cake

Pancakes with 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

Spaghetti Bolognese with garlic bread



Flavoured chicken strips in flatbread with slaw and rice



Breaded fish, chips, peas, lemon and tartare sauce



Bigos Stew Seasoned rice and Polish carrot salad



Tandoori chicken pieces with rice



MAIN MEAL #TWO

Vegetarian Bolognese with garlic bread



Falafels and hummus in flat bread with salads



Cheese and red onion quiche



Polish cabbage casserole



Macaroni cheese



HANDHELD

Selection of items + Nuggets



Selection of items + Burgers



Selection of items + Burritos



Selection of items + Hot dogs and Patties



Selection of items + Hot baguettes



BOWLED OVER

Pasta Kitchen - Halal chicken fajita or Nepalese curry

Pasta Kitchen - Halal Meatball or Herby tomato

Pasta kitchen - Halal Mediterranean chicken or peppernata

Pasta Kitchen - Halal chicken fajita or Nepalese curry

Pasta kitchen - Halal Meatball or Herby tomato

DESSERTS

Chocolate & Apple Cake

Toffee Apple & Pear Granola Crumble

Carrot cake

Polish Crepes

Chocolate Chip Brownie

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**SOUPS**

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**ALLERGIES**

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**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 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Beef and potato pie with mash potato, gravy and vegetables

Chicken tikka masala with rice tarka daal and naan bread

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

Beef lasagne served with garlic bread

Jerk Chicken with rice and peas

MAIN MEAL #TWO

Vegetable pie with mash potatoes, gravy and vegetables

Vegetable curry with rice, tarka daal and naan bread

Cheese and onion pasty with chips

Quorn and veggie lasagne served with garlic bread

Macaroni Cheese



HANDHELD

Selection of items + Nuggets

Selection of items + Burgers

Selection of items + Hot Wraps

Selection of items + Panini / Bagels

Selection of items + Hot dog

BOWLED OVER

Pasta Kitchen - Halal Mediterranean chicken or Peppernata

Pasta Kitchen - Halal chicken fajita or Nepalese curry

Pasta Kitchen - Halal Meatball or Herby tomato

Pasta Kitchen - Halal Mediterranean chicken or Peppernata

Pasta Kitchen - Halal chicken fajita or Nepalese curry

DESSERTS

Muffins

Vanilla sponge

Wholemeal Apple & Cinnamon Crumble

Sticky Toffee Pudding

Chocolate Orange Sponge

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**SOUPS**

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**ALLERGIES**

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**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