

MY
LUNCH
MY
WAY

ON A
FRESH FOOD
MISSION




































THE

KITCHENEERS

LUNCH

WEEK 1

EAT WELL
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cauliflower & Broccoli Crunchy Cheese Bake 	Red Pepper & Bean Biryani  	Dirty Butternut Squash Mac & Cheese 	Red Pepper Pizza  	Baked Halloumi Burger 
MAIN 2	Traditional Lasagne 	Cottage Pie 	Roast of the Day	Sweet Potato & Chickpea Slice 	Oven Baked Battered Pollock
REAL FOOD FAST	Spiced Fajita Tostades  	No Meatball Sub 	Chicken Fajita Wrap  	Loaded Punjabi Masala    	Korean Crispy Wrap   
CARB / SIDE	Garlic Bread 	Rice /  Roast Potatoes 	Roast Potatoes 	Cous Cous 	Chips 
VEG / SIDE	Broccoli  / Tomato & Onion Salad 	Green Beans 	Roasted Sweetcorn House Salad 	Broccoli  / Fattoush 	Peas  / Mushy Peas 

MEAL DEAL – MAIN MEAL & DESSERT

ONLY
£2.75

AVAILABLE DAILY

Jacket potatoes with a choice of two toppings,
mixed salad bar & deli grab & go offer.

DESSERTS

Choice of fresh seasonal fruit (cut or whole),
flavoured yoghurts or dessert of the day.

MENU KEY



Vegetarian



Vegan



Plant+



New Dish



Spiced



MY
LUNCH
MY
WAY

ON A
FRESH FOOD
MISSION





































THE

KITCHENEERS

LUNCH

WEEK 1

EAT WELL
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cauliflower & Broccoli Crunchy Cheese Bake 	Red Pepper & Bean Biryani   	Dirty Butternut Squash Mac & Cheese 	Red Pepper Pizza  	Baked Halloumi Burger 
MAIN 2	Traditional Lasagne 	Cottage Pie 	Roast of the Day	Sweet Potato & Chickpea Slice 	Oven Baked Battered Pollock
REAL FOOD FAST	Spiced Fajita Tostades  	No Meatball Sub 	Chicken Fajita Wrap  	Loaded Punjabi Masala    	Korean Crispy Wrap  
CARB / SIDE	Garlic Bread 	Rice /  Roast Potatoes 	Roast Potatoes 	Cous Cous 	Chips 
VEG / SIDE	Broccoli  / Tomato & Onion Salad 	Green Beans 	Roasted Sweetcorn House Salad 	Broccoli  / Fattoush 	Peas  / Mushy Peas 

MEAL DEAL – MAIN MEAL & DESSERT

ONLY
£2.75

AVAILABLE DAILY

Jacket potatoes with a choice of two toppings,
mixed salad bar & deli grab & go offer.

DESSERTS

Choice of fresh seasonal fruit (cut or whole),
flavoured yoghurts or dessert of the day.

MENU KEY



Vegetarian



Vegan



Plant+



New Dish



Spiced



MY LUNCH MY WAY

ON A FRESH FOOD MISSION














THE

KITCHEENEERS

LUNCH

WEEK 2

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Leek & Cheese Pie  	Roasted & Loaded Pasta Bake  	Roast of the Day	Three Bean Chili  	Korean Style Dog  
MAIN 2	Pork Sausage	Sweet Potato & Bean Jalfrezi  	Pasta Arrabiata  	Chicken Filo Slice	Oven Baked Fish Fingers
REAL FOOD FAST	No Chicken Pitta Pocket 	Tasty Massaman Curry   	Roast Chicken Baguette	Chipotle Quorn Fajita Wrap 	Bean Chili Nachos   
CARB / SIDE	Mash 	Bombay Potatoes    / Rice 	Roast Potatoes 	Rice 	Chips 
VEG / SIDE	Peas & Corn 	Green Beans 	Calabage & Carrots  / Asian Slaw 	Sweetcorn 	Peas  / Mushy Peas 

MEAL DEAL – MAIN MEAL & DESSERT

ONLY £2.75

AVAILABLE DAILY

Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer.

DESSERTS

Choice of fresh seasonal fruit (cut or whole), flavoured yoghurts or dessert of the day.

MENU KEY



Vegetarian



Vegan



Plant+



New Dish



Spiced



MY
LUNCH
MY
WAY

ON A
FRESH FOOD
MISSION
































THE

KITCHENEERS

LUNCH

WEEK 3

EAT WELL
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Sweet Potato Jambalaya  	Fully Loaded Shawarma 	Succulent Quorn Roast 	Chickpea & Spinach Curry  	Baked Enchiladas  
MAIN 2	Jerk Chicken	Teriyaki Chicken	Golden Sausage Roll 	Pad Thai  	Oven Baked Battered Pollock
REAL FOOD FAST	Carbonara Pizza	Thai Green Chicken Noodles 	Roasted Chicken Baguette	Indian Style Sweet Potato Roll 	 Jerk Spiced Dog  
CARB / SIDE	Garlic Bread 	Potato Wedges 	Rice  / Roast Potatoes 	Rice 	Chips 
VEG / SIDE	Mixed Salad  / Broccoli 	Curly Kale  / Mixed Bean Salad 	Carrots  / Asian Slaw 	House Salad  / Mixed Bean Salad 	Peas  / Mushy Peas 

MEAL DEAL – MAIN MEAL & DESSERT

ONLY
£2.75

AVAILABLE DAILY

Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer.

DESSERTS

Choice of fresh seasonal fruit (cut or whole), flavoured yoghurts or dessert of the day.

MENU KEY



Vegetarian



Vegan



Plant+



New Dish



Spiced



MY LUNCH MY WAY

ON A FRESH FOOD MISSION
































THE

KITCHENEERS

LUNCH

WEEK 3

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	--- Select ---	Lasagne Verdi 	Succulent Quorn Roast 	Chickpea & Spinach Curry  	Baked Enchiladas   
MAIN 2	Jerk Chicken	Teriyaki Chicken	Golden Sausage Roll 	Pad Thai  	Oven Baked Battered Pollock
REAL FOOD FAST	Carbonara Pizza	Thai Green Chicken Noodles 	Roasted Chicken Baguette	Indian Style Sweet Potato Roll 	 Jerk Spiced Dog  
CARB / SIDE	Garlic Bread 	Potato Wedges 	Rice  / Roast Potatoes 	Rice 	Chips 
VEG / SIDE	Mixed Salad  / Broccoli 	Curly Kale  / Mixed Bean Salad 	Carrots  / Asian Slaw 	House Salad  / Mixed Bean Salad 	Peas  / Mushy Peas 

MEAL DEAL – MAIN MEAL & DESSERT

ONLY
£2.75

AVAILABLE DAILY

Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer.

DESSERTS

Choice of fresh seasonal fruit (cut or whole), flavoured yoghurts or dessert of the day.

MENU KEY



Vegetarian



Vegan



Plant+



New Dish



Spiced

