

# LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Classic Macaroni

Jerk Sausages with chive mashed potato, peas & gravy

Chicken Pie served with baby potatoes & broccoli

Delhi Tikka Chicken Masala Served with Rice, Naan Bread & Mango Chutney

Battered Fish, Chips, Peas & Tartare Sauce

MAIN MEAL #TWO

A choice of meat & veggie toppers with salad & coleslaw



Plant based Vegetable Wellington, with mashed potato, peas & gravy

Red pepper and cheese frittata Served with baby potatoes & broccoli



Butternut Squash, chickpea & Potato curry served with rice, naan bread & mango chutney



Tex Mex Tacos served with chips & peas

HANDHELD

Ham & Cheese panini

Chicken Wrap

Cheese & Onion Panini

Jumbo Hotdog



Pepperoni Pizza



BOWLED OVER

Pasta Kitchen



Herby Tomato Pasta



Loaded Wedges



Loaded Nachos



Tomato meatball pasta



DESSERTS

Homebake of the day

Homebake of the day

Homebake of the day

Homebake of the day

Homebake of the day

**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** £2.60

VEGAN OPTIONS AVAILABLE DAILY!

THE UPROOTED KITCHEN

# LUNCH WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Hearty Meatball goulash  
Served with herby rice & green beans

Marinated chicken thigh or drumstick served with spicy rice & slaw 

Roasted Gammon  
Roast potatoes  
Seasonal vegetables & gravy


Chicken curry Served with Rice, Naan Bread & Mango Chutney

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

Wholewheat vegetable pasta bake served with green beans

Classic ratatouille served with spicy rice 

Smokey Vegetable Enchilada with coleslaw 

Mangalore Malabar Vegetable Curry  
Served with Rice, Naan Bread & Mango Chutney

Vegetarian sausages, chips and peas

HANDHELD

Authentic pizza slice

Half cheese & Tomato bagel

Authentic Pizza Slice

Cheese & Tomato Panini

Ham & Cheese folded Naan

BOWLED OVER

Herby tomato pasta 

Cheesy pasta 

Pasta Kitchen 

Vegetable chilli & rice 

Loaded Nachos 

DESSERTS

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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**  
£2.60

VEGAN OPTIONS AVAILABLE DAILY!



# LUNCH WEEK 3



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN MEAL #ONE

Chicken Jambalaya served with latin salad and nachos

50% plant based cottage pie served with cabbage and swede

Roasted Turkey Served With Roast Potatoes, Seasonal Vegetables & Gravy

Chicken Tikka Masala, Served with Rice, Naan Bread & Mango Chutney

Battered Fish Served With Chips, Peas & Tartare Sauce

### MAIN MEAL #TWO

Ramirez Wrap served with latin salad and nachos

Chickpea & Vegetable hotpot served with cabbage and swede

Macaroni Cheese bake topped with crispy sage stuffing

Vegetable Korma Curry Served with Rice, Naan Bread & Mango Chutney

Quorn mince lasagne served with chips and peas

### HANDHELD

Hot filled baguette

Chicken burger

Tomato & Cheese panini

Authentic pizza slice

BBQ Chicken Wrap

### BOWLED OVER

Tomato & mascarpone pasta

Pasta Kitchen

Loaded nachos

Herby tomato Pizza

Sausage & Chips

### DESSERTS

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## SOUPS

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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!

VEGAN OPTIONS AVAILABLE DAILY!

THE ROOTED KITCHEN