

LUNCH

Sample menu

WEEK 1

EAT WELL
LIVE NICE

ON A
FRESH FOOD
MISSION

MY
LUNCH
MY
WAY

THE

KITCHENEERS

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

 Vegetarian

 Vegan and Planet Friendly

 New Dish

 Spiced









LUNCH

Sample menu

WEEK 2

EAT WELL
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MY
LUNCH
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THE

KITCHENEERS

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

 Vegetarian

 Vegan and Planet Friendly

 New Dish

 Spiced



LUNCH

Sample menu

WEEK 3

EAT WELL
LIVE NICE

ON A
FRESH FOOD
MISSION

MY
LUNCH
MY
WAY

THE

KITCHENEERS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Marinated Peri Peri Chicken with Perinaise Dip	Meatball Marinara Loaded Lasagne	Sticky & Smokey Glazed Gammon with Yorkshire Pudding & Gravy	Butter Chicken Curry with Naan Fingers	Classic Battered Fish/ Chicken Strips / Sausage (Plain or Battered)
Main 2	Veggie Bean Burger with Perinaise Dip	Simply Veggie Lasagne	Veggie Lentil Puff Pastry Pie	Butterbean & Roasted Sweet Potato Dahl	Pizza Slice or Veggie Nuggets with Classic Curry Sauce or Chippy Gravy
Carb	Spicy Rice	Focaccia	Skin on Roasties	Steamed Rice	Chips / Fries
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	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	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

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