

LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Cottage Pie (chicken)
Topped with Sweet potato & Carrot mash


Marinated Chicken Pieces, Wings & Sides

Mac n Cheese
With Garlic bread
Served with Different toppings

Delhi Tikka Chicken
Masala, Rice and Sides

Battered Fish, Chips,
Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

vegetable & Lentil Cottage Pie 

Spicy Bean Burger,
Sweet Chilli & Lettuce

Roasted vegetable
Or bacon/pepperoni
Garlic mushroom

Mughlai Vegetable
Korma, Rice & Sides 

Chilli Quorn Dog,
Fairground Onions & Sauce


HANDHELD

Brazilian Chicken Wrap

Authentic Italian
Pizza Slice

Fish Finger Ciabatta & crisp lettuce 

Authentic Italian
Pizza Slice

Shredded Chicken
Fillet wholemeal
Baguette 

BOWLED OVER

Pasta Kitchen 

Noodle Street 

seasoned Rice Bowl

Pasta Kitchen 

Pasta Kitchen 

DESSERTS

Chocolate & Mandarin Brownie

Peach Upside Down cake

Baked 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 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 	Chicken Chilli Nachos, Salsa, Guacamole & Paprika Rice	Roasted Turkey Cranberry Sauce, Seasonal Vegetables, Stuffing & Gravy	Flavoured Chicken Strips served in Flatbread with Authentic Salads	Battered Fish, Chips, Peas, Lemon & Tartare Sauce
MAIN MEAL #TWO	Vegan Quorn Dog With Fairground Onions & Seasoned Baked Wedges	Chunky Vegetable Chilli Nachos, Salsa, Guacamole & Paprika Rice	Mac n' Cheese with Garlic Mushrooms And Tossed Salad 	Falafels & Hummus served in a Flatbread with Authentic salads 	Cheese & Onion slice Served with seasonal Vegetables
HANDHELD	Authentic Italian Pizza Slice	Tikka Chicken Flatbread With Slaw & Sauce	Authentic Italian Pizza Slice	BBQ chicken Burrito	Authentic Italian Pizza Slice
BOWLED OVER	Pasta Kitchen 	Pasta Kitchen 	Noodles 	Pasta Kitchen 	Rice Bowl 
DESSERTS	Chocolate & Apple Cake	Toffee Apple & Pear Granola Crumble	Summer Fruit Trifle	Carrot & Courgette Sponge	Chocolate Chip Shortbread

caterlink
feeding the imagination

meal Deals

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 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 UPROOTED KITCHEN

LUNCH WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Bangers & Mash with Garden Peas & Red Onion Gravy


Italian chicken Lasagne Served With House Salad & Garlic Bread

Roasted Honey Glazed Gammon, Roast & Gravy

Chicken Tikka Masala, Rice & Sides

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

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

Vegetarian Lasagne Served With House Salad & Garlic Bread

Mac n' Cheese With Veggie Toppers 

Mughlai Vegetable Korma, Rice & Sides 

Vegan Spinach & Kale Burger, Vegan Mayo & Salad 

HANDHELD

Authentic Italian Pizza Slice

Sweet Chilli Chicken Wrap 

Authentic Italian Pizza Slice

Ham & Cheese Panini

Authentic Italian Pizza Slice

BOWLED OVER

Pasta Kitchen 

Vegetable Chow Mein Noodles 

Pasta Kitchen 

Black Bean Noodles 

Pasta Kitchen 

DESSERTS

Warm Red Cherry Pancake

Multi Seed Flapjack

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 