

# LUNCH WEEK 1



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN MEAL #ONE

Chicken chilli Served With rice & Seasonal Vegetables

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

Roast Pork Loin  
Apple Sauce  
Sage & Onion Stuffing, Gravy.

Southern Chicken Burger  
House Salad  
Corn Salsa  
Baby Potatoes

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

### MAIN MEAL #TWO

Butternut Squash & Chickpea Tagine, Served With Cous Cous & Mint Yoghurt

 Mughlai Vegetable Korma Served with Rice, Naan Bread, Onion Bhaji & Mango Chutney

Vegetable Hot Pot  
Served With Seasonal Vegetables

 Spicy bean Burger  
House Salad  
Corn Salsa  
Baby Potatoes

Black Bean Noodles & Stir Fried Vegetables  
Served With Vegetable Spring Roll

### HANDHELD

Authentic Pizza Slice

Pitta Pizza

Vegan Sausage Roll

Pitta Pizza

 Gyros Chicken Wrap

### BOWLED OVER

 Pasta Kitchen

 Noodle Street

 Pasta Kitchen

 Noodle Street

 Pasta Kitchen

### DESSERTS

Chocolate & Mandarin Brownie

Spiced Muffin & Vanilla Custard

Toffee Apple Crumble

Spiced Muffin & Vanilla Custard

Syrup Sponge & Custard

**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** £2.14

VEGAN OPTIONS AVAILABLE DAILY!

THE UPROOTED KITCHEN

# LUNCH WEEK 2



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN MEAL #ONE

*Mac And Cheese Monday*  
Classic Macaroni In A Rich Cheese Sauce And Baked To perfection

Chicken madras Served with Rice, Naan Bread, Onion Bhaji & Mango Chutney

Roasted Turkey Cranberry Sauce Sage & Onion Stuffing & Gravy

Flavoured Chicken Strips in A Khobez Flatbread with Selected Salads & Sauces

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

### MAIN MEAL #TWO

A selection Of Meat & Veggie Toppers, Served With Coleslaw & House Salad

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

Spring Vegetable Pie, Topped With Pastry & Served With Seasonal Vegetables

Falafel, Hummus with Salads, Sauces In A Khobez Wrap

Smokey Vegetable Enchilada Served With Chips & Peas

### HANDHELD

Tikka Chicken Flatbread With Slaw & Sauce

BBQ Beef Burrito

Authentic Pizza Slice

Pizza Calzone Pocket

Authentic Pizza Slice

### BOWLED OVER

Soy Broccoli & Spring Onion Noodles

Pasta Kitchen

Sweet & Sour Noodles

Pasta Kitchen

Pasta Kitchen

### DESSERTS

Fruity Muffin

Rice Pudding With Berry Sauce

Toffee Apple & Pear Granola Crumble

Vanilla Sponge & Lemon Custard

Chocolate Chip Shortbread

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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** £2.14

**VEGAN OPTIONS AVAILABLE DAILY!**



# LUNCH WEEK 3



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN MEAL #ONE

Turkey & Leek Puff Pie  
Served With Baby Potatoes &  
Seasonal Vegetables.

Classic chicken Lasagne, Served  
With Broccoli & Chopped Salad

Roasted Gammon  
Served With Roast Potatoes,  
Seasonal Vegetables & Gravy

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

Battered Fish, Chips, Peas,  
Lemon & Tartare Sauce

### MAIN MEAL #TWO

Roasted Vegetables & Hummus  
Wrap, Served With Baby  
Potatoes

 Quorn Mince Lasagne, Served  
With Garlic Slice & Chopped  
Salad

Quinoa & Cous Cous Stuffed  
Pepper, Spiced Tomato Sauce  
& Seasonal Vegetables

 Vegan Kheema Curry  
Served with Rice, Naan Bread,  
Onion Bhaji & Mango Chutney

 Mexican Vegetable Fajitas  
Served With Chips & Peas

### HANDHELD

Authentic Pizza Slice

BBQ Chicken Panini 

Pitta Pizza

Cheese & Tomato Panini

Authentic 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

Rhubarb Crumble & Custard

Sticky Toffee Pudding

Chocolate Orange Sponge

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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** £2.14

VEGAN OPTIONS  
AVAILABLE  
DAILY!

THE  
ROOTED  
KITCHEN 