

MY
LUNCH
MY
WAY

ON A
FRESH FOOD
MISSION

THE

KITCHEENEERS

LUNCH

WEEK 3

W/C 15/09, 06/10, 27/10,
17/11, 08/12, 19/01, 09/02

EAT WELL
LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Succulent American Big Burger, Wedges 	BBQ Chicken, Rice	Teriyaki Chicken, Noodles	Beef Lasagne	Oven Baked Pollock, Chips
MAIN 2	West African Jollof Rice 	Tasty Chickpea & Spinach Curry, Rice  	Winter Greens & Mushroom Pie, Roast Potatoes 	Italian Marinara Style Pasta 	Ultimate Biryani 
REAL FOOD FAST	Winter Vegetable, Smoky Sausage Hot Pot 	Mexican Chicken Fajita Bowl 	Garlic & Chilli Donburi Bowl 	Thai Green Chicken Noodles	 Caribbean Spiced Jerk Dog 
VEG	Sweetcorn 	Broccoli 	Savoy Cabbage, Carrots 	Green Beans 	Carrots & Peas or Baked Beans 

MEAL DEAL – MAIN MEAL & DESSERT
+ Drink

ONLY
£2.68

AVAILABLE DAILY

Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer (V/VE options available).

DESSERTS

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

MENU KEY

 Vegetarian

 Vegan and Planet Friendly

 New Dish

 Spiced

