

MY LUNCH MY WAY

ON A FRESH FOOD MISSION

THE KITCHENEERS

LUNCH

WEEK 1

W/C 01/09, 22/09, 13/10, 03/11, 24/11, 15/12, 05/01, 26/01

EAT WELL LIVE NICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza Slab 	Southern Baked Chicken, Wedges	Roast Chicken, Roast Potatoes	Katsu Style Chicken Curry, Rice 	Battered Pollock, Chips
MAIN 2	Crispy Topped Cauliflower & Broccoli Crunchy Cheese Bake, Half Jacket 	Tasty Pad Thai  	Shepherdess Pie 	Sweet Potato Packed Chana Masala, Rice  	Smashed Falafel Pitta, Slaw, Chips 
REAL FOOD FAST	Authentic Tikka Pitta 	Mammoth Beef Chilli Nachos 	Loaded Meatball Sub 	Carbonara Pizza	Buddha Bowl Quorn Fillets 
VEG	Green Beans 	Sweetcorn 	Carrots & Cabbage 	Roasted Vegetables 	Peas & Carrots 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

