

# LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Cottage Pie  
Topped with Sweet potato & Carrot mash

Marinated Chicken Breast & Sides

Roast Pork Loin  
Apple Sauce  
Apricot & Parsley Stuffing, Gravy.

Tikka Chicken  
Masala, Rice and Sides

Battered Fish, Chips,  
Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

Quorn & Lentil Cottage Pie 

Spicy Bean Burger,  
Sweet Chilli & Lettuce

Mac n Cheese With Veggie Toppers 


Mughlai Vegetable Korma, Rice & Sides 

Chilli Quorn Dog,  
Fairground Onions & Sauce


HANDHELD

Chicken Wrap

Traditional Italian Pizza Slice

Fish Finger Ciabatta & crisp lettuce 

Traditional Italian Pizza Slice

Shredded Chicken Fillet wholemeal Baguette 

BOWLED OVER

Pasta Kitchen 

Noodle Street 

Egg & Soy seasoned Rice Bowl

Pasta Kitchen 

Pasta Kitchen 

DESSERTS

Chocolate & Mandarin Brownie

Peach Upside Down cake

Chocolate Sponge

Lemon Drizzle

Warm Cherry Pancakes

**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**

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



Bangers & Mash with Garden Peas & Red Onion Gravy

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

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



Veggie Sausages with Chips and Peas

### HANDHELD

Traditional Italian Pizza Slice

Tikka Chicken Flatbread With Slaw & Sauce

Traditional Italian Pizza Slice

BBQ Beef Burrito

Traditional Italian Pizza Slice

### BOWLED OVER

Pasta Kitchen



Pasta Kitchen



Sweet & Sour Noodles



Pasta Kitchen



Spicy Chicken Rice Bowl



### DESSERTS

Chocolate & Apple Cake

Toffee Apple & Pear Granola Crumble

Summer Fruit Trifle

Carrot & Courgette Sponge

Chocolate Chip Shortbread

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**meal**  
**DEALS**

VEGAN OPTIONS  
AVAILABLE  
DAILY!

THE  
UPROOTED  
KITCHEN