

LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Classic Macaroni
Baked in a rich Cheese
Sauce and cooked to
perfection

Jerk Sausages
Served with Chive
mashed potato, roasted
carrots & gravy

Chicken Pie
Served with baby
potatoes & Broccoli

Chicken Coronation
Curry
Served with rice &
mango chutney

Battered Fillet of Fish
served with chips, garden
peas or beans & tartare
sauce

MAIN MEAL #TWO

A choice of meat & veggie
toppers, served with
house salad & coleslaw

Plant Based Vegetable
Wellington, served with
mashed potato, roasted
carrots & gravy

Red Pepper & Cheese
Frittata
Served with baby
potatoes & Broccoli

Butternut Squash,
Chickpea & potato curry
Served with rice &
mango chutney

Chefs Americas
Tex Mex Tacos
Served with chips & Peas

HANDHELD

Ham & Cheese Panini

Chicken Wrap

Cheese & Onion Panini

Jumbo Hotdog

Pepperoni Panini

BOWLED OVER

Street Chicken Noodles

Herby Tomato Pasta

Loaded Wedges

Loaded Nachos

Tomato Meatball Pasta

DESSERTS

Lemon Drizzle Sponge

Creamy Rice Pudding

Apple & Cherry Oaty
Crumble

Shortbread

Chocolate & Banana
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
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** £0.00

VEGAN OPTIONS
AVAILABLE
DAILY!

THE
UPROOTED
KITCHEN

LUNCH WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Hearty Meatball Goulash
Served with herby rice & sauté green beans

Marinated Chicken thigh or drumstick
Served with spicy rice & slaw



Roasted Gammon Roast Potatoes
Seasonal vegetables & Gravy

Stir fry Turkey in soy & Ginger with Noodles
Served with prawn crackers

Breaded Fish Fingers served with chips, garden peas or beans & tartare sauce

MAIN MEAL #TWO

Wholewheat Vegetable Pasta Bake
Served with sauté green beans

Classic Ratatouille
Served with spicy rice



Smokey Vegetable Enchilada
Served With Coleslaw



Black Bean Noodles & Stir Fried Vegetables

Vegan Bolognese
Served with spaghetti & garlic bread

HANDHELD

Authentic Pizza Slice

Half Cheese & Tomato Bagel

Authentic Pizza Slice

Cheese & Tomato Panini

Ham & Cheese Folded Naan

BOWLED OVER

Herby Tomato Pasta



Cheesy Pasta



Sweet Chilli Noodles



Vegetable Chilli & Rice



Loaded Nachos



DESSERTS

Chocolate Muffin

Syrup Sponge

Plum Crumble

Vanilla Sponge

Oatmeal Cookie

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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 £0.00

VEGAN OPTIONS AVAILABLE DAILY!



LUNCH WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Chicken Jambalaya
Served with
Latin salad & Nachos

50% plant based Cottage
Pie
Served with green cabbage
& buttered swede

Pork Roast, Potatoes, &
carrots.

Piri Piri Chicken Strips
Khobez wrap, Salads &
Sauce options.

Breaded Fishcake
served with chips, garden
peas or beans & tartare
sauce

MAIN MEAL #TWO

Ramirez Wrap
served with latin
salad & nachos

Chickpea & Vegetable hot
pot
Served with green cabbage
& buttered swede

Macaroni Cheese Bake
topped with Crispy Sage
Stuffing

Falafel & Hummus
Khobez wrap, salads &
sauce options

Quorn Mince Lasagne
Served with chips and Peas

HANDHELD

Hot filled Baguette

Chicken Burger

Tomato & Cheese Panini

Authentic Pizza Slice

BBQ Chicken Wrap

BOWLED OVER

Tomato &
Mascarpone Pasta

Soy Vegetable Noodles

Loaded Nachos

Herby Tomato Pasta

Sausage & Chips

DESSERTS

Cinnamon nachos &
chocolate sauce

Oaty Flapjack

Bread & Butter Pudding

Sticky toffee apple
crumble

Pancake & Cherry sauce

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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 £0.00

VEGAN OPTIONS
AVAILABLE
DAILY!

THE
ROOTED
KITCHEN