

LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Meatballs in Tomato Sauce with Spaghetti, Green Beans & Sweetcorn

BBQ Chicken with Wedges, Mixed Salad & Coleslaw

Turkey & Leek Pie with Mashed Potatoes, Broccoli, Carrots & Gravy

Chicken Tikka Masala with Rice, Cauliflower, Naan Bread & Mango Chutney

Fishcake with Chips & Garden Peas or Baked Beans


MAIN MEAL #TWO

Veggie Lasagne with Garlic Bread, Green Beans & Sweetcorn

NEW Beetroot Burger with Wedges, Mixed Salad & Coleslaw 

Creamy Veg Pie with Mashed Potatoes Broccoli, Carrots & Gravy

Vegetable Korma with Rice, Cauliflower, Naan Bread, & Mango Chutney

NEW Loaded Veg Chilli Nachos with Tomato & Onion Salsa 

HANDHELD

Chicken Wings

Chicken Wrap

Sausage Roll

Bacon & Cheese Flatbread

Veggie Pitta Pizza

BOWLED OVER

Rice Bowl

Vegetarian Noodle Street

Pasta Kitchen

Loaded Nachos

Pasta Kitchen

DESSERTS

Fruit Rocket Ice Lolly

Summer Fruit Crumble with Custard

Vanilla Shortbread 

NEW Vegetable Cake

Oaty Flapjack 

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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 £2.40

VEGAN OPTIONS AVAILABLE DAILY!

THE UPROOTED KITCHEN

LUNCH WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Spicy Chicken Pizza with Paprika Wedges, Mixed Salad & Coleslaw

Chilli Con Carne with Rice, Sweetcorn & Nachos

Roast Gammon, Roast Potatoes, Carrots, Cabbage & Gravy

Chicken Korma with Rice, Broccoli & Naan Sliders

NEW Fishfinger Baguette, Chips & Garden Peas

MAIN MEAL #TWO

Cheese & Tomato Pizza with Paprika Wedges, Mixed Salad & Coleslaw

NEW Vegetarian Spicy Mexican Rice with Sweetcorn & Nachos

Tomato & Basil Pasta with Roasted Vegetables

Lentil Dahl with Rice, Broccoli & Naan Sliders

Veggie Burger with Chips & Garden Peas

HANDHELD

Selection of Paninis

Chicken Wrap

Sausage Roll 

Bagel Pizza 

Chicken Quesadilla 

BOWLED OVER

Pasta Kitchen

Noodle Street

Rice Bowl

Pasta Kitchen

Loaded Nachos

DESSERTS

Chocolate Orange Cookie 

Pineapple Upside Down Cake

Orange and Lemon Shortbread 

NEW Apple Pie with Cream

Chocolate Brownie

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SOUPS

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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 £2.40

VEGAN OPTIONS AVAILABLE DAILY!



LUNCH WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Crunchy Crouton Mac & Cheese with Sweetcorn & Mixed Salad

Peri-Peri Chicken Wrap with Spicy Rice & Coleslaw


NEW Sausage Plait with Roast Potatoes, Seasonal Vegetables & Gravy

Tandoori Chicken Stuffed Naan with Bombay Potatoes & Green Beans

Fish, Chips & Garden Peas or Baked Beans

MAIN MEAL #TWO

Boston Bean Mac & Cheese with Sweetcorn & Mixed Salad

BBQ Quorn with Spicy Rice & Coleslaw 

NEW Vegan Plait with Roast Potatoes, Seasonal Vegetable & Gravy 

Sweet Potato, Chickpea & Spinach Curry with Rice & Green Beans 

 **NEW** Meat or Vegetarian Diddy Dog with Chips & Garden Peas or Baked Beans

HANDHELD

Pitta Pizza

Selection of Paninis

Selection of Wraps

Chicken Wrap

Sausage Roll

BOWLED OVER

Pasta Kitchen

Rice Bowl

Pasta Kitchen

Noodle Street

Pasta Kitchen

DESSERTS

NEW Cornflake Tart 

Fruit Muffins

NEW Chocolate Concrete Cake

Bread Pudding with Custard

Banana Loaf

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SOUPS

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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 £2.40

VEGAN OPTIONS AVAILABLE DAILY!

THE ROOTED KITCHEN

