

LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

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

Sausage
Served with Chive
mashed potato, roasted
carrots & gravy

Chicken Pie
Served with baby
potatoes & Broccoli

Chicken Coronation
Curry
Served with rice & naan

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

Quorn Sausage, served
with mashed potato,
roasted carrots & gravy

Red Pepper & Cheese
Frittata
Served with baby
potatoes & Broccoli

Butternut Squash,
Chickpea & potato curry
Served with rice & naan

Chefs Americas
Tex Mex Tacos
Served with chips & Peas

HANDHELD

Pepperoni panini

Chicken burger

Pizza slice

Jumbo Hotdog

Pizza slice

BOWLED OVER

Street Chicken Noodles

Herby Tomato Pasta

Tomato noodles

Herby Tomato Pasta

Tomato Meatball Pasta

DESSERTS

Lemon Drizzle Sponge

Choc chip cookie

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 potato
wedges & 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 Burger
Served with chips, garden
peas or beans

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



Tomato Meatball Pasta



Herby Tomato Pasta



DESSERTS

Chocolate bean muffin

Syrup Sponge

Apple Crumble

Vanilla Sponge

Oatmeal Cookie

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Bowled Over

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**meal
Deals**
£2.60

VEGAN OPTIONS
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DAILY!

THE
UPROOTED
KITCHEN

LUNCH WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Chicken Enchilada
Served with
salad & Nachos

Beef Lasagne
Garlic Bread and
Broccoli

Pork Casserole, Potatoes,
& carrots.

Chicken madras
Served with rice and
bread

Breaded Fishcake
served with chips, garden
peas or beans

MAIN MEAL #TWO

Ramirez Wrap
served with latin
salad & nachos

Chickpea & Vegetable hot
pot
Garlic Bread and Broccoli

Macaroni Cheese Bake
topped with Crispy Sage
Stuffing

Chickpea

Quorn Mince Lasagne
Served with chips and Peas

HANDHELD

Pitta Pizza

Chicken Burger

Tomato & Cheese Panini

Authentic Pizza Slice

Half Cheese and Tomato
Bagel

BOWLED OVER

Tomato &
Mascarpone Pasta

Sweet Chilli Noodles

Meatball Tomato Pasta

Herby Tomato Pasta

Tomato Noodles

DESSERTS

Cinnamon Nachos
and Chocolate sauce

Oaty Flapjack

Bread and Butter Pudding

Sticky toffee crumble

Chocolate crispy cake

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Bowled Over

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**meal
Deals** £0.00

VEGAN OPTIONS
AVAILABLE
DAILY!

THE
ROOTED
KITCHEN