

# LUNCH WEEK 3



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN MEAL #ONE

Beef Bolognese With Spaghetti And Sweetcorn

Turkey Sweet and Sour With Egg Fried Rice & Green Beans

Roast Chicken With Roast Potatoes And Carrots

Chicken Shawarma With Wedges And Mixed Vegetables

Fish Fingers Served With Chips, Peas & Tartare Sauce

### MAIN MEAL #TWO

Stuffed Peppers With Sweetcorn

Vegetable Sweet And Sour With Rice and Green Beans

Lentil And Sweet potato Curry With Rice And Carrots

Vegetable Chilli With Rice And Mixed Vegetables

Falafel in Pitta With Chips And Peas

### HANDHELD

Salad Bar

Salad Bar

Salad Bar

Salad Bar

Salad Bar

### BOWLED OVER

Pasta Kitchen/ Spud Station

Pasta Kitchen/ Spud station

Pasta Kitchen/ Spud Station

Pasta Kitchen/ Spud Station

Pasta Kitchen/ Spud Station

### DESSERTS

Steamed Chocolate Pudding

Apple Pie And Custard

Syrup Sponge

Jam Tart

Fruit Crumble

**caterlink**  
feeding the imagination

## SOUPS

Come and try our range of soups available. Varying daily and providing healthy option 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

Jacket Potatoes With various fillings on offer including; Tuna Mayonnaise, Salad And coleslaw

## Bowled Over

Pasta / rice / noodles served daily with different toppings!

**meal Deals** £2.55

VEGAN OPTIONS AVAILABLE DAILY!

THE ROOTED KITCHEN