

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
DISHS. 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** £2.60

VEGAN OPTIONS
AVAILABLE
DAILY!

THE
ROOTED
KITCHEN