

LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Cottage Pie
Topped with Sweet potato & Carrot mash

Marinated Chicken Pieces, Wings & Sides

Roast Pork Loin
Apple Sauce
Apricot & Parsley Stuffing, Gravy.

Delhi Tikka Chicken
Masala, Rice and Sides

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

Quorn & Lentil Cottage Pie



Spicy Bean Burger, Sweet Chilli & Lettuce

Mac n Cheese With Veggie Toppers



Mughlai Vegetable Korma, Rice & Sides



Chilli Quorn Dog, Fairground Onions & Sauce

HANDHELD

Brazilian Chicken Wrap

Authentic Italian Pizza Slice

Fish Finger Ciabatta & crisp lettuce



Shredded Chicken Fillet wholemeal Baguette

Authentic Italian Pizza Slice



BOWLED OVER

Pasta Kitchen



Noodle Street



Egg & Soy seasoned Rice Bowl

Pasta Kitchen



Pasta Kitchen



DESSERTS

Chocolate & Mandarin Brownie

Peach Upside Down cake

Baked Rice Pudding With Apple Compote

Lemon Drizzle

Jam & Coconut 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

VEGAN OPTIONS AVAILABLE DAILY!

THE UPROOTED KITCHEN

LUNCH WEEK 2



MAIN MEAL #ONE

Baked Chicken Meatballs in a Spicy Tomato Basil Sauce Served With Rice 

Beef Chilli Nachos, Salsa, Guacamole & Paprika Rice

Roasted Turkey Cranberry Sauce, Seasonal Vegetables, Stuffing & Gravy


Flavoured Chicken Strips served in Flatbread with Authentic Salads


Battered Fish, Chips, Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

Quorn Dog With Fairground Onions & Seasoned Baked Wedges 

Chunky Vegetable Chilli Nachos, Salsa, Guacamole & Paprika Rice

Mac n' Cheese with Garlic Mushrooms And Tossed Salad 

Falafels & Hummus served in a Flatbread with Authentic salads 

Old School Cheese & Red Onion Plate Pie Served with seasonal Vegetables

HANDHELD

Authentic Italian Pizza Slice

Tikka Chicken Flatbread With Slaw & Sauce 

Authentic Italian Pizza Slice 

BBQ Beef Burrito

Authentic Italian Pizza Slice 

BOWLED OVER

Pasta Kitchen 

Pasta Kitchen 

Sweet & Sour Noodles 

Spicy Chicken Rice Bowl 

Pasta Kitchen 

DESSERTS

Chocolate & Apple Cake

Toffee Apple & Pear Granola Crumble

Summer Fruit Trifle

Carrot & Courgette Sponge

Chocolate Chip Shortbread

caterlink
feeding the imagination

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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

VEGAN OPTIONS
AVAILABLE
DAILY!

THE
UPROOTED
KITCHEN

LUNCH WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Bangers & Mash with Garden Peas & Red Onion Gravy

Italian Beef Lasagne Served With House Salad & Garlic Bread

Roasted Honey Glazed Gammon, Roast & Gravy

Chicken Tikka Masala, Rice & Sides

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

Quorn Sausage Served With Buttery Mash, Peas & Red Onion Gravy



Vegetarian Lasagne Served With House Salad & Garlic Bread

Mac n' Cheese With Veggie Toppers



Mughlai Vegetable Korma, Rice & Sides



Vegan Spinach & Kale Burger, Vegan Mayo & Salad



HANDHELD

Authentic Italian Pizza Slice

Sweet Chilli Chicken Wrap



Authentic Italian Pizza Slice

Ham & Cheese Panini

Authentic Italian Pizza Slice

BOWLED OVER

Pasta Kitchen



Vegetable Chow Mein Noodles



Pasta Kitchen



Black Bean Noodles



Pasta Kitchen



DESSERTS

Warm Red Cherry Pancake

Multi Seed Flapjack

Wholemeal Apple & Cinnamon Crumble

Sticky Toffee Pudding

Chocolate Orange Sponge

caterlink
feeding the imagination

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JACKET STATION

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Bowled Over

Pasta / rice / noodles served daily with different toppings!

meal Deals

VEGAN OPTIONS AVAILABLE DAILY!

THE ROOTED KITCHEN