

LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Cottage Pie
Topped with Sweet potato & Carrot mash

Marinated Chicken Pieces, Wings & Sides

Roasted Turkey Cranberry Sauce 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 

Homity Pie, Chips & Baked Beans


HANDHELD

Brazilian Chicken Wrap

Authentic Italian Pizza Slice

Fish Finger Ciabatta & crisp lettuce 

Authentic Italian Pizza Slice

Shredded Chicken Fillet wholemeal Baguette 

BOWLED OVER

Pasta Kitchen 

Noodle Street 

Egg & Soy seasoned Rice Bowl

Pasta Kitchen 

Pasta Kitchen 

DESSERTS

Sticky Toffee Apple Crumble & Custard

Vanilla Sponge & Custard

Fresh Fruit Salad

Chocolate & Beetroot Brownie

Oaty Cookie

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



MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

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

Beef Chilli Nachos, Salsa, Guacamole & Paprika Rice

Honey Roasted Gammon Roast Potatoes & 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 

Mexican Bean Roll & Chips 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 

Pasta Kitchen 

Spicy Chicken Rice Bowl 

DESSERTS

Chocolate & Pear Cake with Custard

Apple Flapjack

Summer Fruit Trifle

Peach Upside Down Cake

Chocolate Chip Shortbread

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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

Roast Pork Loin Apple Sauce & Apricot Stuffing, Gravy.

Chicken Tikka Masala, Rice & Sides

Battered Fish, Chips, Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

Quorn Sausage Served With 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

Jam & Coconut Sponge

Chocolate Sponge with Chocolate Sauce

Fresh Fruit & Yoghurt

Mixed Fruit Crumble & Custard

Pinwheel Cookie

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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