

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
Sage & Onion Stuffing, Gravy.

Delhi Tikka Chicken
Masala, Rice and Sides

Battered Fish, Chips,
Peas, Lemon & Tartare Sauce or
Pizza Slice

MAIN MEAL #TWO

Cheese & Leek Quiche 

Ratatouille

Mac n Cheese With Veggie Toppers 

Vegetable Spring Rolls with Rice & Curry Sauce 

Authentic Italian
Pizza Slice

HANDHELD

Chicken Goujon Wrap

Authentic Italian
Pizza Slice

Fish Finger Ciabatta & crisp lettuce or Beef / Cheese Burger 

Southern Fried
Chicken Burger

Shredded Chicken
Fillet Wrap 

BOWLED OVER

Pasta Kitcher 

Noodle Street 

Egg & Soy seasoned
Rice Bowl

Pasta Kitchen 

Pasta Kitchen 

DESSERTS

Chocolate & Mandarin Sponge

Toffee Apple
Crumble

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



MONDAY

MAIN MEAL #ONE

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



TUESDAY

Beef Chilli Nachos, Salsa, Guacamole & Paprika Rice

WEDNESDAY

Roast Beef & Yorkshire Pudding with Seasonal Vegetables & Gravy

THURSDAY

Flavoured Chicken Strips served in Flatbread with Authentic Salads

FRIDAY

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

Stuffed Garlic Mushrooms And Seasonal Vegetables



Falafels & Hummus served in a Flatbread with Authentic salads



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

HANDHELD

Buttermilk Chicken Burger

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 & Beetroot Cake

Apple & Winter Berry Granola Crumble

Syrup Sponge

Chocolate Chip Shortbread

Carrot & Courgette Muffins

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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 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 Chicken with Seasonal Vegetables & 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

Cheese & Tomato Quiche

Mughlai Vegetable Korma, Rice & Sides

Authentic Italian Pizza Slice

HANDHELD

Authentic Italian Pizza Slice

Tandoori Chicken Wrap with slaw & Sauce

Chicken Goujon Wrap

Meatball / Sausage Yorkshire Pudding Wrap

Butterfly Chicken Wrap

BOWLED OVER

Pasta Kitchen

Vegetable Chow Mein Noodles

Pasta Kitchen

Rice Bar

Pasta Kitchen

DESSERTS

Multi Seeded Flapjack

Jaffa Cake

Waffle Bar

Sticky Toffee Pudding

Chocolate Orange Sponge

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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