

LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Toad in the Hole with Sweet potato & Carrot mash

Marinated Chicken strips , Wedges & Sides

Roast Pork Loin Apple Sauce Sage & Onion Stuffing, Gravy.


Delhi Tikka Chicken Masala, Rice and Sides

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

MAIN MEAL #TWO

Cheese & Tomato Quiche 

Beanie Wrap

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

Yorkshire Pudding Wrap or Beef / Cheese Burger 

Southern Fried Chicken Burger

Chicken Fillet Wrap 

BOWLED OVER

Pasta Kitchen 

Noodle Street 

Rice Bar

Pasta Kitchen 

Pasta Kitchen 

DESSERTS

Iced Coconut Sponge

Toffee Apple Crumble

Baked Rice Pudding With Apple Compote

Lemon Drizzle

Chocolate Orange Gateau

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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

Beef Chill Nachos, Salsa, Guacamole & Paprica Rice



Meat & Potato Pie with seasonal Vegetables

Roast Beef & Yorkshire Pudding with Seasonal Vegetables & Gravy

Flavoured Chicken Strips served in Khobez bread with Authentic Salads

Breaded Fish, Chips, Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

,Refried bean, Guacamole & Feta Taco with Quinoa Rice

Tomato & basil Pasta

Fisherman's Pie

Onion & Butternut Bhaji in Khobez Bread with Mango Raita



Authentic Italian Pizza or Cheese & Onion Pasty

HANDHELD

Buttermilk Chicken Burger

Chicken Bite Wrap

Authentic Italian Pizza Slice

Southern Fried Chicken Goujon Wrap

American Chicken Burger

BOWLED OVER

Pasta Kitchen



Pasta Kitchen



Sweet & Sour Noodles



Spicy Chicken Rice Bowl



Pasta Kitchen



DESSERTS

Chocolate Cake

Apple & Berry Granola Crumble

Syrup Sponge

Marble Sponge

Lemon Muffins

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SOUPS

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JACKET STATION

Sweet potatoes and Jacket potatoes 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
ROOTED
KITCHEN

LUNCH WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Chicken Tikka Masala, Rice & Sides

Italian Beef Lasagne Served With House Salad & Garlic Bread

Roast Chicken with Seasonal Vegetables & Gravy

Mac & Cheese & various Toppings

Breaded Fish, Chips, Peas, Lemon & Tartare Sauce

MAIN MEAL #TWO

Quorn & Vegetable Chow Mein

Spinach & Ricotta Canneloni With House Salad & Garlic Bread

Cheese & Tomato Quiche

Mac & Cheese

Authentic Italian Pizza Slice

HANDHELD

Authentic Italian Pizza Slice

American Chicken Burger

Chicken Goujon Wrap

Meatball / Sausage Yorkshire Pudding Wrap

Chicken Wrap

BOWLED OVER

Pasta Kitchen

Vegetable Chow Mein Noodles

Pasta Kitchen

Rice Bar

Pasta Kitchen

DESSERTS

Flapjack

Ginger Bread

Orange & Lemon Sponge

Sticky Toffee Pudding

Victoria Sponge

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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 ROOTED KITCHEN