

LUNCH WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Classic Macaroni
Baked in a rich Cheese
Sauce and cooked to
perfection

Jerk Sausages
Served with Chive
mashed potato, roasted
carrots & gravy

Cottage Pie served
with Root Mash &
Broccoli

Chicken Curry
Served with rice &
mango chutney

Battered Fillet of Fish
served with chips, garden
peas or beans & tartare
sauce

MAIN MEAL #TWO

Plant Based Vegetable
Wellington, served with
mashed potato, roasted
carrots & gravy

Quorn Sausages Served
with chive Mash
Potatoes carrots &
Gravy

Red Pepper & Cheese
Frittata
Served with baby
potatoes & Broccoli

Butternut Squash,
Chickpea & potato curry
Served with rice &
mango chutney

Quorn
Tex Mex Tacos
Served with Chips & Peas

HANDHELD

Cheese & Tomato Panini

Chicken Wrap

Cheese & Onion Panini

Jumbo Hotdog

Pepperoni Panini

BOWLED OVER

Street Noodle Bowl

Herby Tomato Pasta

Loaded Wedges

Loaded Nachos

Tomato Meatball Pasta

DESSERTS

Lemon Drizzle Sponge

Creamy Rice Pudding

Apple Crumble

Victoria sponge

Chocolate & Banana
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
DISHERS. 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**

£0.00

VEGAN OPTIONS
AVAILABLE
DAILY!

THE
UPROOTED
KITCHEN

LUNCH WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Mixed Bean Ratatouille
served with herby rice &
side Vegetable



Hearty Meatball
Served with Cous cous
& sauté green beans



Roasted chicken Thigh or
Drumstick
Roast Potatoes
Seasonal vegetables &
Gravy

Stir fry Turkey in soy &
Ginger with Noodles
Served with prawn
crackers



Breaded Fish Fingers
served with chips, garden
peas or beans & tartare
sauce

MAIN MEAL #TWO

Vegetable Biryani served
with side salad and
yoghurt & mint



Veggie balls
Served with cous cous &
Side vegetables



Smokey Vegetable
Enchilada
Served With Coleslaw



Sweet & Sour Vegetable
Noodles



Vegan Bolognaise
Served with spaghetti &
garlic bread

HANDHELD

Authentic Pizza Slice

Half Cheese & Tomato
Bagel

Authentic Pizza Slice

Cheese & Tomato Panini

Chicken & salad Folded
Naan

BOWLED OVER

Herby Tomato Pasta



Cheesy Pasta



Sweet Chilli Noodles



Vegetable Chilli & Rice



Loaded Nachos



DESSERTS

Chocolate Muffin

Syrup Sponge

Peach Crumble

Vanilla Sponge

Yoghurt

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Bowled Over

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meal
Deals £0.00

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DAILY!

THE
UPROOTED
KITCHEN

LUNCH WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL #ONE

Mixed Bena &
Vegetable Tagine
Served with cous
cous & Baba
ganoush

Chicken Jambalaya
Served with
Latin salad & Nachos

Chicken Casserole
Potatoes, & carrots.

Piri Piri Chicken Strips
Khobez wrap, Salads &
Sauce options.

Breaded Fishcake
served with chips, garden
peas or beans & tartare
sauce

MAIN MEAL #TWO

Falafel Wrap served
with Baba ganoush

Ramirez Wrap served with
latin salad & nachos

Macaroni Cheese Bake
topped with Crispy Sage
Stuffing

Falafel & Hummus
Khobez wrap, salads &
sauce options

Quorn Nuggetes
Served with chips and Peas

HANDHELD

Hot filled Baguette

Chicken Wrap

Tomato & Cheese Panini

Authentic Pizza Slice

Bbq Chicken Wrap

BOWLED OVER

Tomato &
Mascarpone Pasta

Soy Vegetable Noodles

Loaded Nachos

Herby Tomato Pasta

Sausage & Chips

DESSERTS

Waffle & Sauce

Lemon Sponge

Bread & Butter Pudding

Sticky toffee apple
crumble

Pancake & Cherry sauce

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feeding the imagination

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**meal
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DAILY!

THE
ROOTED
KITCHEN