

The John Roan Kitchen

NEWS

Catering Menu

2021-2022

Meat Free HOT LUNCHES

Did You Know ?

- Quorn Spaghetti Bolognese
Has 90% less saturated fat
than a beef version

- You save GHG emissions
equivalent to charging your
phone for 2 years, by swapping
beef mince for Quorn Mince
in just one meal

-The water footprint of Quorn Mince
Is 10x lower than that of beef mince



TJRS Lunch Box Kiosk

Served Daily

Grab & Go Hot Meal
(Weekday Menu)

Selection of Hot Subways & Wraps

Grab & Go Cold Selection (Baguettes, Sandwiches, Pasta Salad)

Varieties of Fruits, Organic Yogurts, Jellies & Healthy snacks

THE JOHN ROAN KITCHEN



ALLERGEN KEY

- 1 Celery
- 2 Cereals Containing Gluten
- 3 Crustaceans
- 4 Eggs
- 5 Fish
- 6 Lupin
- 7 Milk
- 8 Molluscs
- 9 Mustard
- 10 Tree Nuts
- 11 Peanuts
- 12 Sesame Seeds
- 13 Soybeans
- 14 Sulphur Dioxide and Sulphites

INGREDIENTS CONTAINING GLUTEN (INDICATED BY THE NUMBER 2 ON THE MENU) WILL CONTAIN WHEAT, OATS, BARLEY, SPELT, RYE OR KAMUT, OR A COMBINATION THEREOF.

Week 1

Monday

Creamy Chicken Korma/ Coconut Rice/ Steamed Broccoli/ Naan Bread (2,4,7,9)

Chickpea & Spinach Curry

Delicious Chocolate Brownie (2,4,7,13)

Tuesday

Chilli Beef Mince Ragu/ Pasta/ Steamed Peas (2)

Sundried Tomato Pesto Quorn Pieces (4,7)

Homemade Cake

Wednesday

BBQ Chicken Thighs/ Smoked Paprika Potatoes/ Steamed Carrots

Vegan Sausage Roll (2,13)

Seasonal Fruit Brownie (2,4,7,13)

Thursday BUILD YOUR OWN BURRITO

Spiced Pulled Chicken/ Spicy Beans/ Fajita Infused Rice/ Shredded Cheese (2,7)

Spicy Quorn (4)

Apple & Vanilla Sponge / New Improved recipe 40% less sugar & no saturated fat (2,7)

Friday

Gourmet Cheeseburger/ Homemade Chips/ Baked Beans (2,7,12,13,14)

Vegan Spicy Bean Burger (2,12)

Mixed Fruit Flapjack (2,7)

Grab & Go

Freshly Made In House Selection of Baguettes, Sandwiches & Wraps

Seasonal Fruit Pots

WEEK COMMENCING

6th Sept, 27th Sept, 18th Oct, 15th Nov, 6th Dec, 10th Jan, 31st Jan, 28th Feb, 21st March

Kiosk Food Offers

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Week 2

Monday

Chicken Curry/Turmeric Infused Rice/ Roasted Vegetables (2,4,7)

Spicy Vegetable Curry (2,4,7)

Delicious Chocolate Brownie (2,4,7,13)

Tuesday

Spanish Chicken/Spicy Rice/ Chargrilled vegetables

Spanish Style Quorn (4)

Homemade Cake

Wednesday

Beef Bolognese/ Pasta /Steamed Vegetables (2)

Vegetarian Bolognese (4)

Seasonal Fruit Brownie (2,4,7,13)

Thursday

Jerk Chicken with Caribbean Style Spicy Sauce/ Rice & Peas/ Sweetcorn (1,2,13)

Spiced Falafels (2)

Apple & Vanilla Sponge / New Improved recipe 40% less sugar & no saturated fat (2,7)

Friday

Chicken Breast Burger/ Chunky Chips/Baked Beans / (1,2,4,13)

Southern Style Quorn Burger (2,4,7,13)

Mixed Fruit Flapjack (2,7)

Grab & Go

Freshly Made In House
Selection of Baguettes,
Sandwiches & Wraps

Seasonal Fruit Pots

WEEK COMMENCING

13th Sept, 4th Oct, 1st Nov, 22nd Nov,
13th Dec, 17th Jan, 7th Feb, 7th
March, 28th March

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Pasta Salad)

Varieties of Fruits, Organic
Yogurts, Jellies & Healthy
Snacks

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Week 3

Monday

4 Bean & Chicken Mexican Chilli/ Spicy Rice/ Chilli & Lime Corn (2,13,14)

Frito Pie (Nachos/ Jalapenos/ Cheese) (2,7,13)

Delicious Chocolate Brownie (2,4,7,13)

Tuesday

Peri Peri Chicken Wings/Homemade Potato Wedges/ Baked Beans

Mac & Cheese (2,7)

Homemade Cake

Wednesday

Chicken Arrabbiata Sauce/ Pasta/ Steamed Vegetables (2)

Tomato & Fresh Herbs Pasta Sauce (2)

Seasonal Fruit Brownie (2,4,7,13)

Thursday

African Chicken/ Jollof Rice/ Corn on the Cob

Kenyan Vegetarian Githri

Apple & Vanilla Sponge / New Improved recipe 40% less sugar & no saturated fat (2,7)

Friday

Fillet of Fish Burger/ Smoked Potato Wedges/ Steamed Corn (2,5,7,9,12,13)

Quorn Burger (2,4,7,12)

Mixed Fruit Flapjack (2,7)

Grab & Go

Freshly Made In House Selection of Baguettes, Sandwiches & Wraps

Seasonal Fruit Pots

WEEK COMMENCING

20th Sept, 11th Oct, 8th Nov, 29th Nov, 3rd Jan, 24th Jan, 24th Feb, 14th March

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Price List

Breakfast

Food

Toast	£0.30
Cereal	£0.60
Egg Muffin	£1.00
Croissant	£0.70
Baked Beans	£0.60
Hash Brown	£0.50
Pancakes	£0.80
Cheese on Toast	£0.60
Fruit Pot	£1.00
Fruity Yogurt	£0.60
Fresh Fruit	£0.50
Fresh Apple	£0.30

Drinks

Still Water 330ml	£0.80
Juice Can	£1.00
Fresh Milk	£0.50
Sparkling Water 330ml	£0.80

Lunch

Hot Food

Main Meal Meat	£2.20
Main Meal Vegetarian	£2.20
Jacket Potato & choice of fillings	£2.20
Soup of the Day & Freshly Baked Bread	£1.50
Hot Dessert	£0.60

Meal Deal Hot £2.50

Grab & Go

Baguette Daily	£2.20
Pasta King	£2.20
Wrap/Burrito	£2.20
Hot Subway	£2.20
Tuna Pasta Pot	£1.50

Meal Deal Cold £2.50