

WEEK 1 MENU

FOOD UNION

CHOICE *One*

CHOICE *Two*



GRAB & GO OPTIONS

MON	Bangers and Mash With Peas, Salad and Gravy	Vegetarian Sausages  With Mash, Peas, Salad and Gravy
TUE	Chicken Masala Naan With Peas and Mixed Side Salad	Roasted Rainbow Vegetables   With Flatbread Fingers, Carrot and Coriander salad and Houmous, Peas and salad
WED	BBQ Mandarin Pork   with Vegetable Egg Fried Rice, Cabbage and Carrots	Sweet Chilli Noodles  with Cabbage and Carrots
THUR	Siracha Glazed Chicken Burger With Chipotle Potato Wedges, Peas and Sweetcorn	Plant Ball Marinara Melt  With Chipotle Potato Wedges, Peas and Sweetcorn
FRI	Fish and Chips With Baked Beans and Peas	Loaded Fries with Chilli or  Vegan Sausage Roll With Chips, Baked Beans and Peas

WEEKLY SPECIAL

Indian Chickpea Salad


SALADS:

Tuna Sweetcorn Pasta Salad  
Pesto Pasta Salad

SANDWICHES/BAGUETTES:

Cheese Sandwich
Chicken Mayo Sandwich
Cheese & Ham Sandwich
Cheese & Tomato Baguette
Ham Baguette

WRAPS:

Tuna Crunch Wrap 
Pepper & Houmous Wrap  

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Margherita Pizza
Jacket Potato & Toppings

 Fruity!

 Nutritionist's Choice

 Vegetarian

 Oily Fish

 Wholegrain

 Halal



WEEK 2 MENU

CHOICE *One*

CHOICE *Two*



GRAB & GO OPTIONS

MON	Sloppy Joe Burger With Wedges, Peas and Sweetcorn	Vegetarian Cottage Pie  With Sweetcorn, Peas and Gravy
TUE	Chicken Katsu With Wholegrain Rice, Carrots and Peas	Roasted Butternut Squash, Chickpea and Broccoli Buddha Bowl  With Carrots and Peas
WED	Roasted Ham and Mash With Cabbage and Carrots and Gravy	Macaroni cheese  With Margherita Pizza Pinwheel, Cabbage and Carrots
THUR	Chicken Tikka Masala  With Rice and Chata Naan Bread, Cabbage and Sweetcorn	Roasted Cauliflower and Chickpea Korma  With Rice and Chata Naan Bread, Cabbage and Sweetcorn
FRI	Crispy Chicken Burger With Chips, Peas and Baked Beans	Vegetarian Burrito  With Chips, Peas and Baked Beans

WEEKLY SPECIAL

Moroccan Chicken Salad




SALADS:

Tuna Sweetcorn Pasta Salad  
Pesto Pasta Salad

SANDWICHES/BAGUETTES:

Cheese Sandwich
Chicken Mayo Sandwich
Cheese & Ham Sandwich
Cheese & Tomato Baguette
Ham Baguette

WRAPS:

Tuna Crunch Wrap 
Pepper & Houmous Wrap  

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Margherita Pizza
Jacket Potato & Toppings



Fruity!



Nutritionist's Choice



Vegetarian



Oily Fish



Wholegrain



Halal



WEEK 3 MENU

FOOD UNION

CHOICE *One*

CHOICE *Two*

GRAB & GO OPTIONS

MON	BBQ Beef Meatballs 🍃❤️ With Wholemeal Pasta, Peas and Salad	Cauliflower Mac 'n' Cheese 🍃❤️ with Pizza Pinwheel, Peas and salad
TUE	Mandarin BBQ Pork With Wholegrain Rice, Stir Fry vegetables and Salad	Vegetarian Chilli 🍃❤️ with Wholegrain Rice, Stir Fry vegetables and Salad
WED	Roasted Chicken and Mash ❤️ With Peas and Slaw	Beetroot and Feta Burger 🍃 With Baked Garlic and Herb Wedges, Peas and Apple Slaw
THUR	Chicken Shawarma 🍃 With Mexican Yellow Rice, Peas and Salad	Chinese Vegetable Noodles 🍃❤️ With Peas and Salad
FRI	The Sausage Dog With Chips, Baked Bean and Peas	The Veggie Dog or Loaded Fries with Veggie Chilli 🍃 With Chips, Baked Bean and Peas

WEEKLY SPECIAL

Chilli Chicken Noodles 🍃

SALADS:

Tuna Sweetcorn Pasta Salad 🍃❤️
Pesto Pasta Salad

SANDWICHES/BAGUETTES:

Cheese Sandwich
Chicken Mayo Sandwich
Cheese & Ham Sandwich
Cheese & Tomato Baguette
Ham Baguette

WRAPS:

Tuna Crunch Wrap 🍃
Pepper & Houmous Wrap 🍃❤️

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Margherita Pizza
Jacket Potato & Toppings



Fruity!



Nutritionist's Choice



Vegetarian



Oily Fish



Wholegrain



Halal

