

WEEK 1 MENU

FOOD UNION

W/C: 15/04 , 06/05 , 17/06 , 08/07 , 09/09 , 30/09 , 21/10

CHOICE One

CHOICE Two

GRAB & GO options

	RICE BOX	RICE BOX
MON	Chicken Tikka Masala #< Served with Wholegrain Rice and Vegetables	Roasted Rainbow Vegetables ?< €>
	BURGER BAR	BURGER BAR
TUE	Double Beef Burger Served with Chipotle Wedges and Corn on the Cob	Veggie Burger ?< Served with Chipotle Wedges and Corn on the Cob
	HOT DELI	HOT DELI
WED	Spicy Chicken Pitta Served with Mixed Salad	Sticky BBQ Quorn Pitta ?< Served with Mixed Salad
	MAC SHACK	MAC SHACK
THUR	Macaroni Cheese with Crispy Bacon Served with Roasted Beetroot and Chickpea Salad and Crispy Onions	Macaroni Cheese with Chipotle Sweetcorn ?< €> Served with Roasted Beetroot and Chickpea Salad and Crispy Onions
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Battered Fish Served with Baked Beans and Peas	Quorn Sausage Roll ?< Served with Baked Beans and Peas

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza

Jacket Potato and Toppings

SALADS:

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad #< ?<

SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich
Chicken Salad Sandwich
Cheese Baguette ?<
Tuna Mayo Baguette
BLT Baguette

WRAPS:

BBQ Chicken Wrap #<
Chicken Caesar Wrap #<

♥ Nutritionist's Choice

🌱 Vegetarian

🐟 Oily fish

🌾 Wholegrain

WEEK 2 MENU

FOOD UNION

W/C: 22/04 , 13/05 , 03/06 , 24/06 , 15/07 , 16/09 , 07/10

CHOICE One

CHOICE Two

GRAB & GO options

	CLASSICS	CLASSICS
MON	Sausage and Mash Served with Vegetables and Gravy	Vegetarian Sausage and Mash ?< €> Served with Vegetables and Gravy
	PAN-ASIAN	PAN-ASIAN
TUE	Mandarin Chicken #< Served with Wholegrain Rice, Peas and Crunchy Slaw	Vegetable Donburi ?< Served with Peas and Crunchy Slaw
	HOT DELI	HOT DELI
WED	Roast Chicken and Stuffing Baguette Served with Chipotle Wedges, Coleslaw and Sweetcorn	Korean BBQ Quorn Sub ?< Served with Chipotle Wedges, Coleslaw and Sweetcorn
	LOADED NACHOS	LOADED NACHOS
THUR	Chilli Con Carne Nachos €> Served with Mixed Salad and Salsa	Pulled Tex Mex Chicken Nachos Served with Mixed Salad and Salsa
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Southern Fried Chicken Wrap Served with Baked Beans and Peas	Cheese and Onion Pasty ?< Served with Baked Beans and Peas

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza

Jacket Potato and Toppings

SALADS:

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad #< ?<

SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich
Chicken Salad Sandwich
Cheese Baguette ?<
Tuna Mayo Baguette
BLT Baguette

WRAPS:

BBQ Chicken Wrap #<
Chicken Caesar Wrap #<

 Nutritionist's Choice

 Vegetarian

 Oily fish

 Wholegrain

Halal

Our menu is subject to change.

WEEK 3 MENU

FOOD UNION

W/C: 29/04 , 20/05 , 10/06 , 01/07 , 02/09 , 23/09 , 14/10

CHOICE One

CHOICE Two

GRAB & GO options

	HOT DOGS	HOT DOGS
MON	Classic New Yorker Hot Dog Served with Chipotle Wedges and American Slaw	Tropical Sunshine Hot Dog ?< €> Served with Chipotle Wedges and American Slaw
	STREET FOOD	STREET FOOD
TUE	Buffalo Chicken Served with Baked Garlic and Herb Wedges and Mixed Salad	Quorn Shawarma Pitta Pocket ?< Served with Mixed Salad
	CLASSICS	CLASSICS
WED	Roast Beef Meatballs Served with Mashed Potato, Peas and Gravy	Roast Veggie Balls ?< Served with Mashed Potato, Peas and Gravy
	BUDDHA BOX	BUDDHA BOX
THUR	Nut-free Chicken Satay Buddha Box #< Served with Wholegrain Rice and Mixed Salad	Roast Butternut Squash, Chickpea and Broccoli Buddha Box ?< €> #<
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Battered Fish Served with Baked Beans and Peas	Vegetable Fajita €> ?< Served with Baked Beans and Peas

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza

Jacket Potato and Toppings

SALADS:

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad #< ?<

SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich
Chicken Salad Sandwich
Cheese Baguette ?<
Tuna Mayo Baguette
BLT Baguette

WRAPS:

BBQ Chicken Wrap #<
Chicken Caesar Wrap #<

♥ Nutritionist's Choice

🌱 Vegetarian

🐟 Oily fish

🌾 Wholegrain

Halal

Our menu is subject to change.