

# WEEK 1 MENU

W/C: 15/04, 06/05, 27/05, 17/06, 08/07, 29/07

FOOD UNION

## CHOICE One

## CHOICE Two

## GRAB & GO options

|             | RICE BOX  | RICE BOX  |
|-------------|---|---|
| <b>MON</b>  | <b>Chicken Tikka Masala</b> 🍷 🌿<br>Served with Wholegrain Rice and Vegetables | <b>Roasted Rainbow Vegetables</b> 🌱 🍷   |
|             | BURGER BAR  | BURGER BAR  |
| <b>TUE</b>  | <b>Double Beef Burger</b><br>Served with Chipotle Wedges and Corn on the Cob  | <b>Veggie Burger</b> 🌱<br>Served with Chipotle Wedges and Corn on the Cob   |
|             | HOT DELI  | HOT DELI  |
| <b>WED</b>  | <b>Spicy Chicken Pitta</b><br>Served with Mixed Salad                         | <b>Sticky BBQ Quorn Pitta</b> 🌱<br>Served with Mixed Salad  |
|             | PASTA FAVORITES   | MAC SHACK   |
| <b>THUR</b> | <b>Beef Lasagne</b><br>Served with Garlic and Herb Bread                      | <b>Macaroni Cheese with Chipotle Sweetcorn</b> 🌱 🍷<br>Served with Roasted Beetroot and Chickpea Salad and Crispy Onions |
|             | FRIDAY FAVOURITES   | FRIDAY FAVOURITES   |
| <b>FRI</b>  | <b>Battered Fish</b><br>Served with Chips, Baked Beans and Peas               | <b>Quorn Sausage Roll</b> 🌱<br>Served with Chips, 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 🌿 🌱  
Roasted Indian Chickpea Salad 🍷 🌱

### SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich  
Chicken Salad Sandwich  
Cheese Baguette 🌱  
Tuna Mayo Baguette  
BLT Baguette

### WRAPS:

Pepper and Houmous Wrap 🌱 🌿  
BBQ Chicken Wrap 🌿  
Chicken Caesar Wrap 🌿

# WEEK 2 MENU

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

FOOD UNION

## CHOICE One

## CHOICE Two

## GRAB & GO options

|             | CLASSICS   | CLASSICS   |
|-------------|--|--|
| <b>MON</b>  | <b>Sriracha Chicken Burger</b><br>Served with Chipotle Wedges and Street Slaw  | <b>Vegetarian Sausage and Mash</b>  <br>Served with Vegetables and Gravy |
|             | PAN-ASIAN  | PAN-ASIAN  |
| <b>TUE</b>  | <b>Chicken Katsu</b> <br>Served with Wholegrain Rice, Peas and Crunchy Slaw | <b>Vegetable Donburi</b> <br>Served with Peas and Crunchy Slaw  |
|             | HOT DELI   | HOT DELI   |
| <b>WED</b>  | <b>Roast Chicken and Stuffing Baguette</b><br>Served with Chipotle Wedges, Coleslaw and Sweetcorn  | <b>Korean BBQ Quorn Sub</b> <br>Served with Chipotle Wedges, Coleslaw and Sweetcorn   |
|             | LOADED NACHOS  | LOADED NACHOS  |
| <b>THUR</b> | <b>Chilli Con Carne Nachos</b> <br>Served with Mixed Salad and Salsa      | <b>Chilli No Carne Nachos</b>  <br>Served with Mixed Salad and Salsa |
|             | FRIDAY FAVOURITES  | FRIDAY FAVOURITES  |
| <b>FRI</b>  | <b>Southern Fried Chicken Goujons</b><br>Served With Chips, Baked Beans and Peas   | <b>Cheese and Onion Pasty</b> <br>Served with Chips, 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    
Roasted Indian Chickpea Salad  

### SANDWICHES/BAGUETTES:

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

### WRAPS:

Pepper and Houmous Wrap    
BBQ Chicken Wrap   
Chicken Caesar Wrap 

# WEEK 3 MENU

W/C: 29/04, 20/05, 10/06, 01/07, 22/07

FOOD UNION

## CHOICE One

## CHOICE Two

## GRAB & GO options

|             | CLASSICS  | HOT DOGS  |
|-------------|---|---|
| <b>MON</b>  | <b>Steak Mince Pie</b><br>Served with Mashed Potato and Gravy                             | <b>Tropical Sunshine Hot Dog</b> 🌱 🍷<br>Served with Chipotle Wedges and American Slaw |
|             | STREET FOOD   | STREET FOOD   |
| <b>TUE</b>  | <b>Buffalo Chicken</b><br>Served with Baked Garlic and Herb Wedges and Mixed Salad        | <b>Quorn Shawarma Pitta Pocket</b> 🌱<br>Served with Mixed Salad                       |
|             | CLASSICS  | CLASSICS  |
| <b>WED</b>  | <b>Roast Chicken</b><br>Served with Roast Potatoes and Gravy                              | <b>Roast Veggie Balls</b> 🌱<br>Served with Mashed Potato, Peas and Gravy              |
|             | BUDDHA BOX  | BUDDHA BOX  |
| <b>THUR</b> | <b>Nut-free Chicken Satay Buddha Box</b> 🌱<br>Served with Wholegrain Rice and Mixed Salad | <b>Roast Butternut Squash, Chickpea and Broccoli Buddha Box</b> 🌱 🍷 🌱                 |
|             | FRIDAY FAVOURITES   | FRIDAY FAVOURITES   |
| <b>FRI</b>  | <b>Fish Fingers XL</b><br>Served with Chips, Baked Beans and Peas                         | <b>Vegetable Fajita</b> 🌱 🌱<br>Served with Chips, Baked Beans and Peas                |

### HOT DISHES:

**Paninis**  
**Pasta and Sauces**  
**Freshly Baked Pizza**  
**Jacket Potato and Toppings**  
**Jacket Potato and Toppings**

### SALADS:

**Tuna and Sweetcorn Pasta Salad**  
**Pesto Pasta Salad** 🌱 🌱  
**Roasted Indian Chickpea Salad** 🍷 🌱

### SANDWICHES/BAGUETTES:

**Ham and Cheese Sandwich**  
**Chicken Salad Sandwich**  
**Cheese Baguette** 🌱  
**Tuna Mayo Baguette**  
**BLT Baguette**

### WRAPS:

**Pepper and Houmous Wrap** 🌱 🌱  
**BBQ Chicken Wrap** 🌱  
**Chicken Caesar Wrap** 🌱