













# WEEK 1 MENU

17/04, 8/05, 29/05, 19/06, 10/07, 11/09, 02/10, 23/10

## CHOICE *One*

## CHOICE *Two*


## GRAB & GO OPTIONS

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

### WEEKLY SPECIAL

**Indian Chickpea Salad** 




#### SALADS:

Tuna Sweetcorn Pasta Salad    
Pesto Pasta Salad

#### SANDWICHES/BAGUETTES:

Cheese  
Chicken & Mayo  
Chicken  
Cheese Sandwich  
Cheese & Tomato

#### 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














24/04, 15/05, 05/06, 26/06, 17/07, 18/09, 09/10

FOOD UNION

## CHOICE *One*

## CHOICE *Two*



## GRAB & GO OPTIONS

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

### WEEKLY SPECIAL

#### Moroccan Chicken Salad

#### SALADS:

Tuna Sweetcorn Pasta Salad    
Pesto Pasta Salad

#### SANDWICHES/BAGUETTES:

Cheese Sandwich  
Chicken & Mayo Sandwich  
Cheese Sandwich  
Cheese & Tomato 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

01/05, 22/05, 12/06, 03/07, 24/07, 04/09, 25/09, 16/10

## CHOICE *One*

## CHOICE *Two*



## GRAB & GO OPTIONS

<b>MON</b>	<b>BBQ Beef Meatballs</b>    With Wholemeal Pasta	<b>Cauliflower Mac 'n' Cheese</b>   with Pizza Pinwheel and Peas
<b>TUE</b>	<b>Crispy Katsu Fish</b>  With Wholegrain Rice and Peas	<b>Vegetarian Chilli</b>   with Wholegrain Rice and Peas
<b>WED</b>	<b>Roasted Chicken and Mash</b>   With Peas	<b>Beetroot and Feta Burger</b> With Baked Garlic and Herb Wedges and Apple Slaw
<b>THUR</b>	<b>Chicken Shawarma</b>   With Mexican Yellow Rice and Peas	<b>Chinese Vegetable Noodles</b>  With Peas
<b>FRI</b>	<b>The Sausage Dog</b> With Chips, Baked Bean and Peas	<b>The Veggie Dog</b> 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 Sandwich  
Cheese & Tomato 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

