

WEEK 1 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

SPICE IS NICE

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MON

Chicken Tikka Masala 🌶️
with Wholegrain Rice and Spiced Cauliflower

Catalan Spiced Bean and Potato Stew 🌱
with Herb Dumpling and Spiced Cauliflower 🌶️

BURGER BAR

BURGER BAR

TUE

Beef Burger
with Potato Wedges and Corn on the Cob

Veggie Burger 🌱
with Potato Wedges and Corn on the Cob

CLASSICS

CLASSICS

WED

Honey Roast Gammon Baguette
with Roast Potatoes and Roasted Autumn Vegetables

Macaroni Cheese 🌱

STREET

STREET

THUR

Chicken Katsu 🌶️
with Wholegrain Rice

Korean Glazed Quorn Flatbread 🌱
with Salsey Sweetcorn

FRIDAY FAVOURITES

FRIDAY FAVOURITES

FRI

Battered Fish
with Chips, Baked Beans and Peas

Quorn Sausage Roll 🌱
with Chips, Baked Beans and Peas

🌱 **Nutritionist's Choice** 🌿 **Vegetarian** 🌊 **Oily fish** 🌾 **Wholegrain** 🇮🇪 **Halal**

Our menu is subject to change.

HOT DISHES:

- Paninis
- Pasta and Sauces
- Freshly Baked Pizza
- Soup and Bread
- Jacket Potato and Toppings

SALADS:

- Tuna and Sweetcorn Pasta Salad
- Pesto Pasa 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

FOOD UNION

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

	CLASSICS	CLASSICS
MON	Sausage and Mash with Vegetables and Gravy	Vegetarian Sausage and Mash with Vegetables and Gravy
	FEASTIVAL	FEASTIVAL
TUE	Chilli Beef Cheese Nachos with Salad	Rajastan Red Lentil Curry with Wholegrain Rice
	HOT DELI	HOT DELI
WED	Sage and Onion Chicken Rolled Flatbread with Roast Potatoes and Gravy	Roasted Rainbow Vegetables with Humous with Flatbread Fingers
	NOODLE BAR	NOODLE BAR
THUR	Chicken Yakisoba with Vegetables	Soya Yakisoba with Vegetables
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Southern Fried Chicken Wrap with Chips, Baked Beans and Peas	Cheese and Onion Bake with Chips, Baked Beans and Peas

Nutritionist's Choice Vegetarian Oily fish Wholegrain Halal Our menu is subject to change.

- HOT DISHES:**
Paninis
Pasta and Sauces
Freshly Baked Pizza
Soup and Bread
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 Humous Wrap
BBQ Chicken Wrap
Chicken Caesar Wrap



WEEK 3 MENU

CHOICE
One

CHOICE
Two

GRAB & GO
options

	STREET	STREET
MON	Buffalo Chicken with Baked Garlic and Herb Wedges, Mixed Salad and Ranch Dressing	Butterbean, Blackbean and Coconut Stew with Wholegrain Rice and Mixed Salad
	PAN-ASIAN	PAN-ASIAN
TUE	Sweet and Sour Beef Meatballs with Wholegrain Rice and Satay Sweetcorn	Teriyaki Vegetarian Wrap with Satay Sweetcorn
	HOT DELI	HOT DELI
WED	Roast Pork and Stuffing Baguette with Baked Garlic and Herb Wedges	Sticky BBQ Quorn Pita with Baked Garlic and Herb Wedges
	ITALIAN	ITALIAN
THUR	Beef Lasagne with Garlic and Herb Bread and Mixed Salad	Vegetarian Lasagne with Garlic and Herb Bread and Mixed Salad
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Battered Fish with Chips, Baked Beans and Peas	Vegetable Tikka Sausage Roll with Chips, Baked Beans and Peas

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HOT DISHES:	Paninis Pasta and Sauces Freshly Baked Pizza Soup and Bread 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 Hourmous Wrap BBQ Chicken Wrap Chicken Caesar Wrap

