

WEEK 1 MENU

15/04, 06/05, 27/05, 17/06
08/07, 02/09, 23/09, 14/10

FOOD UNION

CHOICE *One*

CHOICE *Two*

GRAB & GO OPTIONS

MON	Jerk Chicken served with Wholegrain Rice and Sweetcorn 🌿	Roasted Vegetable Bowl, with Yellow Rice, Carrot and Coriander Salad, Hummus and Pitta Bread Fingers 🍷
TUE	Cheeseburger served with a Cucumber and Chilli Pickle and Chipotle Wedges	Veggie Burger served with Cucumber and Chilli Pickle and Sweet Potato Wedges 🍷
WED	Roast Chicken, Roast Potatoes, Seasonal Vegetables and Gravy	Roasted Vegetable Meatballs, with Roast Potatoes and Seasonal Vegetables 🍷
THUR	Beef Lasagne served with Homemade Bread and a House Salad	Macaroni Cheese with Chipotle Sweetcorn and a House Salad 🍷
FRI	Southern Fried Chicken Goujons or Fried Fish served with Chips, Peas and Baked Beans	Quorn Sausage Roll served with Chips, Peas and Baked Beans 🍷

WEEKLY SPECIALS

Indian Chickpea Salad 🍷

SALADS:

Tuna Sweetcorn Pasta Salad 🍷 🌿
Tomato & Basil Pasta Salad 🍷

SANDWICHES/BAGUETTES:

Cheese Sandwich 🍷
Ham and Cheese Sandwich
Tuna Mayo Sandwich
Egg Mayo Baguette

WRAPS:

Tuna Crunch Wrap 🌿
Grated Cheese Wrap 🍷 🌿

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Pizza
Jacket Potato & Toppings

🍷 Nutritionist's Choice 🍷 Vegetarian 🌿 Wholegrain

WEEK 2 MENU







22/04, 13/05, 03/06, 15/07
09/09, 30/09, 21/10

FOOD UNION

CHOICE *One*

CHOICE *Two*



GRAB & GO OPTIONS

MON	Sausage and Mashed Potato with Sweetcorn served with Gravy	Veggie Sausage and Mashed Potato with Sweetcorn served with Gravy  
TUE	Chicken and Broccoli Pasta with a Crunchy Raw Slaw	Roasted Vegetable Lasagne served with Homemade Bread 
WED	Roast Turkey with Roast Potatoes served with Seasonal Vegetables and Gravy	Quorn Roast with Roast Potatoes served with Seasonal Vegetables and Gravy 
THUR	Cottage Pie with Broccoli and Sweetcorn	Veggie Burrito served with Potato Wedges and Mixed Salad 
FRI	Southern Fried Chicken Goujons or Fried Fish served with Chips, Peas and Baked Beans	Cheese and Onion Bake served with Chips and Baked Beans 

WEEKLY SPECIALS

Pesto Pasta Salad

SALADS:

Tuna Sweetcorn Pasta Salad  
Pesto Pasta Salad

SANDWICHES/BAGUETTES:

Cheese Sandwich 
Chicken & Mayo Sandwich
Tuna Mayo Sandwich
Cheese & Tomato Baguette

WRAPS:

Tuna Crunch Wrap 
Ham and Cheese Wrap 

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Pizza
Jacket Potato & Toppings

 Nutritionist's Choice  Vegetarian  Wholegrain

WEEK 3 MENU










29/04, 20/05, 10/06, 01/07, 22/07,
16/09, 14/10, 07/10

FOOD UNION

CHOICE *One*

CHOICE *Two*



GRAB & GO OPTIONS

MON	Classic New Yorker Hot Dog served with Chipotle Wedges and American Slaw	Tropical Sunshine Dog served with Chipotle Wedges and American Slaw  
TUE	Buffalo Chicken Served with Mexican Rice and a Ranch Dressing	Sticky BBQ Quorn Pitta served with a Side Salad 
WED	Roasted Beef Meatballs with Mashed Potatoes, Seasonal Vegetables and Gravy	Vegetarian African Rice with Peas 
THUR	Nut Free Satay Chicken Buddha Box Served with Wholegrain Rice and Salad 	Roasted Butternut Squash, Chickpea and Broccoli Buddha Box   
FRI	Southern Fried Chicken Goujons or Fried Fish served with Chips, Peas and Baked Beans	Quorn Dippers served with Chips, Peas and Baked Beans 

WEEKLY SPECIALS

Greek Feta 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 
Grated Cheese Wrap 

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Pizza
Jacket Potato & Toppings