WEEK 1 MENU

FOOD UNION

	CHOICE One	CHOICE Two
MON	Traditional Cottage Pie € Served with Vegetables and Gravy	Vegetarian Sausages ? Served with Mashed Potato, Vegetables and Gravy
TUE	Turkey Con Chilli € # Served with Rice and Peas	Feta and Beetroot Burger ? Served with Chipotle Wedges and Side Salad
WED	Honey Roasted Ham and Mash Served with Vegetables and Gravy	Vegetarian Cottage Pie ? € Served with Vegetables and Gravy
THUR	Breaded Fish Served with Chips, Beans or Peas	Mac & Cheese Pot € Served with Chips & Peas
FRI	Smokey Chicken Pasta Bake Served with Salad	Sweet Potato & Bean Enchilada Served with Salad

GRAB & GO OPTIONS

WEEKLY SPECIAL

- Roasted Indian Chickpea Salad ?

SALADS:

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad ? # €

SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich
Chicken, Lettuce & Mayo Sandwich
Cheese Sandwich ?
Ham Baguette
Cheese & Tomato Baguette ?

WRAPS:

Tuna Crunch Wrap #
Pepper and Houmous Wrap ? #

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Pizza
Love Joe´s Mexican Burrito

Fruity! Nutritionist's Choice Vegetarian 1KÉX ÁSJ Wholegrain Halal

WEEK 2 MENU

FOOD UNION

	CHOICE One	CHOICE Two
MON	Chicken Shawarma Flatbread Served with Salad	Vegetarian Mexican Tortilla Pie ?‹ €› #‹ Served with Wholegrain Rice and Vegetables
TUE	Southern Fried Chicken Katsu #‹ Served with Wholegrain Rice and Vegetables	Yellow Vegetable Curry ?‹ €› #‹ Served with Wholegrain Rice and Vegetables
WED	Sloppy Joe Burger Served with Baked Garlic and Herb Wedges and Salad	Louisiana Soul Bowl ?‹ €› Served with Mexican Yellow Rice and American Slaw
THUR	Fish & Chips Served with Peas or Beans	The Veggie Dog Served with Chips & Peas
FRI	Chicken & Vegetable Tikka Masala Served with Rice and Sweetcorn	Roasted Cauliflower & Chickpea Korma Served with Rice & Sweetcorn

Fruity! Nutritionist's Choice Vegetarian 1KÉX ÁSJ Wholegrain Halal

GRAB & GO OPTIONS

WEEKLY SPECIAL

- Moroccan Chicken Salad ‹ ›

SALADS:

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad ? # €›

SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich
Chicken, Lettuce & Mayo Sandwich
Cheese Sandwich ?‹
Ham Baguette
Cheese & Tomato Baguette ?‹

WRAPS:

Tuna Crunch Wrap #
Pepper and Houmous Wrap ?‹ #

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Pizza
Love Joe´s Mexican Burrito




WEEK 3 MENU

FOOD UNION

	CHOICE One	CHOICE Two
MON	**BBQ Pork Meatballs** # Served with Wholewheat Pasta, Pizza Pinwheel and Green Beans	**Cauliflower Mac'n'Cheese** ?< #< €> Served with Pizza Pinwheel and Salad
TUE	**Teriyaki Chicken Soul Bowl** €> # Served with Pineapple Rice, Crunchy Slaw and Peas	**Vegan Chilli** ?< €> # Served with Wholegrain Rice and Peas
WED	**Roast Turkey** Served with Roast Potatoes, Vegetables and Gravy	**Blackeye Bean Burger** ? Served with Baked Garlic and Herb Wedges and American Slaw
THUR	**Southern Fried Chicken** **Served With Chips & Peas/Beans**	**Mexican Loaded Wedges** Served with Chips & Peas/Beans
FRI	**Sticky Chicken & Vegetable Noodles**	**Sweet & Sour Vegetables** Served With Rice

Fruity! Nutritionist's Choice V Vegetarian 1KÉX ÁSJ Wholegrain H Halal

GRAB & GO OPTIONS

WEEKLY SPECIAL

- Sweet Chilli Chicken Noodle Salad

SALADS:

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

SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich
Chicken, Lettuce & Mayo Sandwich
Cheese Sandwich ?<
Ham Baguette
Cheese & Tomato Baguette ?<

WRAPS:

Tuna Crunch Wrap #<
Pepper and Houmous Wrap ?< #<

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Pizza
Love Joe´s Mexican Burrito