










# WEEK 1 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Bangers and Mash</b> with Mash, Peas, Green Beans and Gravy	<b>Plant Based Sausages</b>  with Mash, Peas, Green Beans and Gravy
<b>TUE</b>	<b>Chicken Shawarma</b> with Mexican Yellow Rice, Peas and Sweetcorn	<b>Roasted Rainbow Vegetables</b>   with Flatbread Fingers, Carrot and Coriander salad, Houmous and Peas and Sweetcorn
<b>WED</b>	<b>BBQ Mandarin Pork</b>   With Vegetable Egg Fried Rice	<b>Sweet Chilli Noodles</b> 
<b>THUR</b>	<b>Fish and Chips</b> with Baked Beans and Peas	<b>Vegan Sausage Roll</b>  with Chips, Baked Beans and Peas
<b>FRI</b>	<b>Chipotle Chicken Slider</b> with Baked Garlic and Herb Wedges, Sweetcorn and Apple Slaw	<b>Macaroni Cheese</b>   with Pizza Pinwheel, Sweetcorn and Apple Slaw





### WEEKLY SPECIAL

**Indian Chickpea Salad** 

#### SALADS:

Mixed Salad   
Tuna Sweetcorn Pasta Salad  
Pesto Pasta Salad   

#### SANDWICHES/BAGUETTES:

Cheese Sandwich    
Cheese Ploughman's Sandwich    
Chicken & Mayo Sandwich   
Tuna Baguette   
Cheese & Tomato Baguette  

#### WRAPS:

Tuna Crunch Wrap  
Pepper & Houmous Wrap 

#### HOT DISHES:

Soups  
Baguette Melts  
Pasta & Sauces  
Freshly Baked Pizza  
Jacket Potato & Toppings 

Fresh fruit, yogurts and home bakes available daily 



Fruity!



Nutritionist's Choice



Vegetarian



Oily Fish


















Wholegrain

# WEEK 2 MENU

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Sloppy Joe Burger</b> with Baked Garlic and Herb Wedges, Sweetcorn and Peas	<b>Vegetarian Cottage Pie</b>   with Sweetcorn, Peas and Gravy
<b>TUE</b>	<b>Chicken Katsu</b>  with Wholegrain Rice, Peas and Mixed Salad	<b>Roasted Butternut Squash, Chickpea and Broccoli Buddha Bowl</b>   
<b>WED</b>	<b>Honey Roasted Ham and Mash</b> with Carrots, Cabbage and Gravy	<b>Macaroni Cheese</b>   with Pizza Pinwheel and Vegetables or Salad
<b>THUR</b>	<b>Breaded Fishwich</b>  with Chips, Baked Beans and Peas	<b>Vegetarian Incredible Burger</b>  with Chips, Baked Beans and Peas
<b>FRI</b>	<b>Chicken Tikka Masala</b>   with Wholegrain Rice, Mini Naan, Sweetcorn and Green Beans	<b>Roasted Cauliflower and Chickpea Korma</b>    with Wholegrain Rice, Mini Naan, Sweetcorn and Green Beans



### WEEKLY SPECIAL

**Moroccan Chicken Salad** 

#### SALADS:

Mixed Salad   
Tuna Sweetcorn Pasta Salad  
Pesto Pasta Salad   

#### SANDWICHES/BAGUETTES:

Cheese Sandwich    
Cheese Ploughman's Sandwich    
Chicken & Mayo Sandwich   
Tuna Baguette   
Cheese & Tomato Baguette  

#### WRAPS:

Tuna Crunch Wrap  
Pepper & Houmous Wrap 

#### HOT DISHES:

Soups  
Baguette Melts  
Pasta & Sauces  
Freshly Baked Pizza  
Jacket Potato & Toppings

Fresh fruit, yogurts and home bakes available daily 



Fruity!



Nutritionist's Choice



Vegetarian



Oily Fish



Wholegrain



# WEEK 3 MENU

FOOD UNION

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>BBQ Beef Meatballs</b>   with Wholewheat Pasta, Pizza Pinwheel and Peas	<b>Cauliflower Mac 'n' Cheese</b>    with Pizza Pinwheel and Peas
<b>TUE</b>	<b>Chicken Masala Naan</b> with Crispy Spiced Potatoes, Mint Yogurt Dressing, Sweetcorn and Mixed Salad	<b>Chinese Vegetable Noodles</b>   with Sweetcorn and Mixed Salad
<b>WED</b>	<b>Roast Chicken and Mash</b>  with Peas and Gravy	<b>Beetroot and Feta Burger</b>  with Garlic and Herb Wedges, Apple Slaw and Mixed Salad
<b>THUR</b>	<b>Crispy Katsu Fish</b>  with Wholegrain Rice and Peas	<b>Vegetarian Chilli</b>    with Wholegrain Rice and Peas
<b>FRI</b>	<b>The Sausage Dog</b> with Chips, Baked Beans and Peas	<b>The Veggie Dog</b>  with Chips, Baked Beans and Peas

### WEEKLY SPECIAL

**Sweet Chilli Chicken Noodle Salad**

#### SALADS:

Mixed Salad   
Tuna Sweetcorn Pasta Salad  
Pesto Pasta Salad   

#### SANDWICHES/BAGUETTES:

Cheese Sandwich    
Cheese Ploughman's Sandwich    
Chicken & Mayo Sandwich   
Tuna Baguette   
Cheese & Tomato Baguette  

#### WRAPS:

Tuna Crunch Wrap  
Pepper & Houmous Wrap 

#### HOT DISHES:

Soups  
Baguette Melts  
Pasta & Sauces  
Freshly Baked Pizza  
Jacket Potato & Toppings 

Fresh fruit, yogurts and home bakes available daily 



Fruity!



Nutritionist's Choice



Vegetarian



Oily Fish



Wholegrain













# WEEK 4 MENU

FOOD UNION

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO OPTIONS

<b>MON</b>	<b>Sriracha Glazed Chicken Burger</b> with Chipotle Wedges, Sweetcorn and Mixed Salad	<b>Plant Ball Marinara Melt</b>  with Chipotle Wedges, Sweetcorn and Mixed Salad
<b>TUE</b>	<b>West African Chicken Rice</b>  with Peas and Sweetcorn	<b>Vegetarian Lasagne</b>   with Pizza Pinwheel, Peas and Sweetcorn
<b>WED</b>	<b>Roast Turkey</b> with Roast Potatoes, Carrots, Cabbage and Gravy	<b>Crispy Topped Vegetable Pie</b>  with Roast Potatoes, Carrots, Cabbage and Gravy
<b>THUR</b>	<b>Fish and Chips</b> with Chips, Baked Beans and Peas	<b>Vegetarian Burrito</b>    with Chips, Baked Beans and Peas
<b>FRI</b>	<b>Chilli Con Carne</b>   with Wholegrain Rice, Sweetcorn and Peas	<b>Roasted Cauliflower and Chickpea Korma</b>    with Wholegrain Rice, Mini Naan, Sweetcorn and Peas

### WEEKLY SPECIAL

Moroccan Chicken Salad 

#### SALADS:

Mixed Salad   
 Tuna Sweetcorn Pasta Salad  
 Pesto Pasta Salad   

#### SANDWICHES/BAGUETTES:

Cheese Sandwich    
 Cheese Ploughman's Sandwich    
 Chicken & Mayo Sandwich   
 Tuna Baguette   
 Cheese & Tomato Baguette  

#### WRAPS:

Tuna Crunch Wrap  
 Pepper & Houmous Wrap 

#### HOT DISHES:

Soups  
 Baguette Melts  
 Pasta & Sauces  
 Freshly Baked Pizza  
 Jacket Potato & Toppings

Fresh fruit, yogurts and home bakes available daily 



Fruity!



Nutritionist's Choice



Vegetarian



Oily Fish



Wholegrain