

# WEEK 1 MENU

W/C: 04/11 , 25/11 , 16/12 , 06/01 , 27/01 , 10/03 , 31/03

FOOD UNION

## CHOICE One

## CHOICE Two

## GRAB & GO options

|      | SPICE IS NICE                                                                         | SPICE IS NICE                                                                                      |
|------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| MON  | <b>Chicken Tikka Masala</b> 🍷 🌿<br>Served with Wholegrain Rice and Spiced Cauliflower | <b>Catalan Spiced Bean and Potato Stew</b> 🌿 🍷<br>Served with Herb Dumpling and Spiced Cauliflower |
|      | BURGER BAR                                                                            |                                                                                                    |
| TUE  | <b>Beef Burger</b><br>Served with Baked Garlic and Herb Wedges and Corn on the Cob    | <b>Veggie Burrito</b> 🌿<br>with Chipotle Potato Wedges and Corn on the Cob                         |
|      | CLASSICS                                                                              | CLASSICS                                                                                           |
| WED  | <b>Honey Roast Glazed Ham</b><br>with Roast Potatoes and Roasted Autumn Vegetables    | <b>Quorn Roast</b><br>with Roast Potatoes and Seasonal Vegetables                                  |
|      |                                                                                       |                                                                                                    |
| THUR | <b>Chilli Con Carne</b> 🍷 🌿<br>Served with Wholegrain Rice                            | <b>Macaroni Cheese</b> 🌿<br>with Garlic and Herb Bread and Mixed Salad                             |
|      | FRIDAY FAVOURITES                                                                     | FRIDAY FAVOURITES                                                                                  |
| FRI  | <b>Battered Fish</b><br>Served with Chips, Baked Beans and Peas                       | <b>Quorn Sausage Roll</b> 🌿<br>Served with Chips, Baked Beans and Peas                             |

### 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 Houmous Wrap** 🌿 🍷  
**BBQ Chicken Wrap** 🌿 🍷  
**Chicken Caesar Wrap** 🌿 🍷

# WEEK 2 MENU

W/C: 11/11 , 02/12 , 13/01 , 03/02 , 24/02 , 17/03

FOOD UNION

## CHOICE One

## CHOICE Two

## GRAB & GO options

|      | CLASSICS                                                                                                                                   | CLASSICS                                                                                                                                                                                                                                                                                                                         |
|------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MON  | <b>Sausage and Mash</b><br>Served with Vegetables and Gravy                                                                                | <b>Vegetarian Sausage and Mash</b> <br>Served with Vegetables and Gravy                                                                                                                                                                       |
|      | FEASTIVAL                                                                                                                                  | FEASTIVAL                                                                                                                                                                                                                                                                                                                        |
| TUE  | <b>Chilli Beef Cheese Nachos</b> <br>Served with Salad | <b>Rajasthani Red Lentil Curry</b>   <br>Served with Wholegrain Rice |
|      | CLASSICS                                                                                                                                   | CLASSICS                                                                                                                                                                                                                                                                                                                         |
| WED  | <b>Roast Beef</b><br>with Roast Potatoes and Gravy                                                                                         | <b>Roast Quorn</b><br>with Roast Potatoes and Gravy                                                                                                                                                                                                                                                                              |
|      | NOODLE BAR                                                                                                                                 | NOODLE BAR                                                                                                                                                                                                                                                                                                                       |
| THUR | <b>Chicken Yakisoba</b><br>Served with Vegetables                                                                                          | <b>Soya Yakisoba</b>  <br>Served with Vegetables                                                                                                       |
|      | FRIDAY FAVOURITES                                                                                                                          | FRIDAY FAVOURITES                                                                                                                                                                                                                                                                                                                |
| FRI  | <b>Battered Fish</b><br>Served with Chips, Baked Beans and Peas                                                                            | <b>Cheese and Onion Bake</b> <br>Served with Chips, Baked Beans and Peas                                                                                                                                                                    |

**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 Houmous Wrap     
BBQ Chicken Wrap    
Chicken Caesar Wrap  

# WEEK 3 MENU

W/C: 18/11 , 09/12 , 20/01 , 10/02 , 03/03 , 24/03

FOOD UNION

## CHOICE One

## CHOICE Two

## GRAB & GO options

|             | STREET                                                                                                | STREET                                                                                             |
|-------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>MON</b>  | <b>Buffalo Chicken</b><br>Served with Baked Garlic and Herb Wedges,<br>Mixed Salad and Ranch Dressing | <b>Butterbean, Blackbean and Coconut Stew</b> 🌱 🍷 🌾<br>Served with Wholegrain Rice and Mixed Salad |
|             | PAN ASIAN                                                                                             | PAN ASIAN                                                                                          |
| <b>TUE</b>  | <b>Sweet and Sour Beef Meatballs</b> 🌾<br>Served with Wholegrain Rice and Satay<br>Sweetcorn          | <b>Teriyaki Vegetarian Wrap</b> 🌱 🌾 🍷<br>Served with Satay Sweetcorn                               |
| <b>WED</b>  | <b>Roast Pork</b><br>Served with Roast Potatoes, Vegetables and<br>Gravy                              | <b>West African Vegetable Rice</b> 🌱 🍷                                                             |
| <b>THUR</b> | <b>Cottage Pie</b><br>Served with Vegetables and Gravy                                                | <b>Vegetable Tikka Masala</b> 🌾 🍷 🌱<br>Served with Wholegrain Rice                                 |
|             | FRIDAY FAVOURITES                                                                                     |                                                                                                    |
| <b>FRI</b>  | <b>Battered Fish</b><br>Served with Chips, Baked Beans and Peas                                       | <b>Veggie Chilli Loaded Fries</b> 🌱                                                                |

### 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:

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**Chicken Salad Sandwich**  
**Cheese Baguette** 🌱  
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**BLT Baguette**

### WRAPS:

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**BBQ Chicken Wrap** 🌾 🍷  
**Chicken Caesar Wrap** 🌾 🍷