

# WEEK 1 MENU

## CHOICE One

## CHOICE Two

## GRAB & GO options

	CLASSIC ITALIAN	RICE BOX
<b>MON</b>	<b>Beef Bolognese</b> with Wholegrain Pasta and Vegetables	<b>Roasted Rainbow Vegetables</b>
	RICE BOX	BURGER BAR
<b>TUE</b>	<b>Chicken Tikka</b> with Wholegrain Rice and Corn on the Cob	<b>Veggie Burger</b> with Chipotle Wedges and Corn on the Cob
	HOT DELI	HOT DELI
<b>WED</b>	<b>Spicy Chicken Pitta</b> with Mixed Salad	<b>Sticky BBQ Quorn Pitta</b> with Mixed Salad
	MAC SHACK	MAC SHACK
<b>THUR</b>	<b>Macaroni Cheese with Crispy Bacon</b> with Roasted Beetroot and Chickpea Salad and Crispy Onions	<b>Macaroni Cheese with Chipotle Sweetcorn</b> with Roasted Beetroot and Chickpea Salad and Crispy Onions
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Chicken Goujons</b> with Chips, Baked Beans and Peas	<b>Chicken Jalfrezi</b> with Wholegrain Rice

- HOT DISHES:**
- Paninis
  - Pasta and Sauces
  - Freshly Baked Pizza
  - Chicken Wings
  - Jacket Potato and Toppings
  - Topped Nachos
- SALADS:**
- Tuna and Sweetcorn Pasta Salad
  - Pesto Pasta Salad
- SANDWICHES/BAGUETTES:**
- Ham and Cheese Sandwich
  - Chicken Salad Sandwich
  - Cheese Baguette
  - Tuna Mayo Baguette
  - BLT Baguette
- WRAPS:**
- BBQ Chicken Wrap
  - Chicken Caesar Wrap



# WEEK 2 MENU

## CHOICE One

## CHOICE Two

## GRAB & GO options

	CLASSICS	CLASSICS
<b>MON</b>	<b>Sausage and Mash</b> Served with Vegetables and Gravy	<b>Vegetarian Sausage and Mash</b> Served with Vegetables and Gravy
	PAN-ASIAN	PAN-ASIAN
<b>TUE</b>	<b>Mandarin Chicken</b> Served with Wholegrain Rice, Peas and Crunchy Slaw	<b>Vegetable Donburi</b> Served with Peas and Crunchy Slaw
	HOT DELI	HOT DELI
<b>WED</b>	<b>Roast Chicken and Stuffing Baguette</b> Served with Chipotle Wedges, Coleslaw and Sweetcorn	<b>Quorn Roast</b> Served with Roast Potatoes, Carrots & Gravy
	LOADED NACHOS	LOADED NACHOS
<b>THUR</b>	<b>Chilli Con Carne Nachos</b> Served with Mixed Salad and Salsa	<b>Chilli No Carne Nachos</b> Served with Mixed Salad and Salsa
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Southern Fried Chicken Wrap or Goujons</b> Served with Chips, Baked Beans and Peas	<b>Cheese and Onion Pasty</b> Served with Chips, Baked Beans and Peas

- HOT DISHES:**
- Paninis
  - Pasta and Sauces
  - Freshly Baked Pizza
  - Chicken Wings
  - Jacket Potato and Toppings
  - Topped Nachos
- SALADS:**
- Tuna & Sweetcorn Pasta Salad
  - Pesto Pasta Salad
- SANDWICHES/BAGUETTES:**
- Ham and Cheese Sandwich
  - Chicken Salad Sandwich
  - Cheese Baguette
  - Tuna Mayo Baguette
  - BLT Baguette
- WRAPS:**
- BBQ Chicken Wrap
  - Chicken Caesar Wrap



# WEEK 3 MENU

FOOD UNION

## CHOICE *One*

## CHOICE *Two*

## GRAB & GO *options*

	HOT DOGS	HOT DOGS
<b>MON</b>	<b>Classic New Yorker Hot Dog</b> Served with Chipotle Wedges and American Slaw	<b>Tropical Sunshine Hot Dog</b>   Served with Chipotle Wedges and American Slaw
	STREETFOOD	STREETFOOD
<b>TUE</b>	<b>Buffalo Chicken</b> Served with Baked Garlic and Herb Wedges and Mixed Salad	<b>Quorn Shawarma Pitta Pocket</b>  Served with Mixed Salad
	CLASSICS	CLASSICS
<b>WED</b>	<b>Roast Beef Meatballs</b> Served with Mashed Potato, Peas and Gravy	<b>West African Rice</b> 
	BUDDHA BOX	RICE BOX
<b>THUR</b>	<b>Nut-free Chicken Satay Buddha Box</b>  Served with Wholegrain Rice and Mixed Salad	<b>Vegetable Tikka Masala</b>   
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
<b>FRI</b>	<b>Chicken Goujons</b> Served with Chips, Baked Beans and Peas	<b>Vegetable Fajita</b>   Served with Chips, Baked Beans and Peas

### HOT DISHES:

Paninis  
Pasta and Sauces  
Freshly Baked Pizza  
Chicken Wings  
Jacket Potato and Toppings  
Topped Nachos

### SALADS:

Tuna & Sweetcorn Pasta Salad  
Pesto Pasta Salad

### SANDWICHES/BAGUETTES:

Ham and Cheese Sandwich  
Chicken Salad Sandwich  
Cheese Baguette  
Tuna Mayo Baguette  
BLT Baguette

### WRAPS:

BBQ Chicken Wrap  
Chicken Caesar Wrap