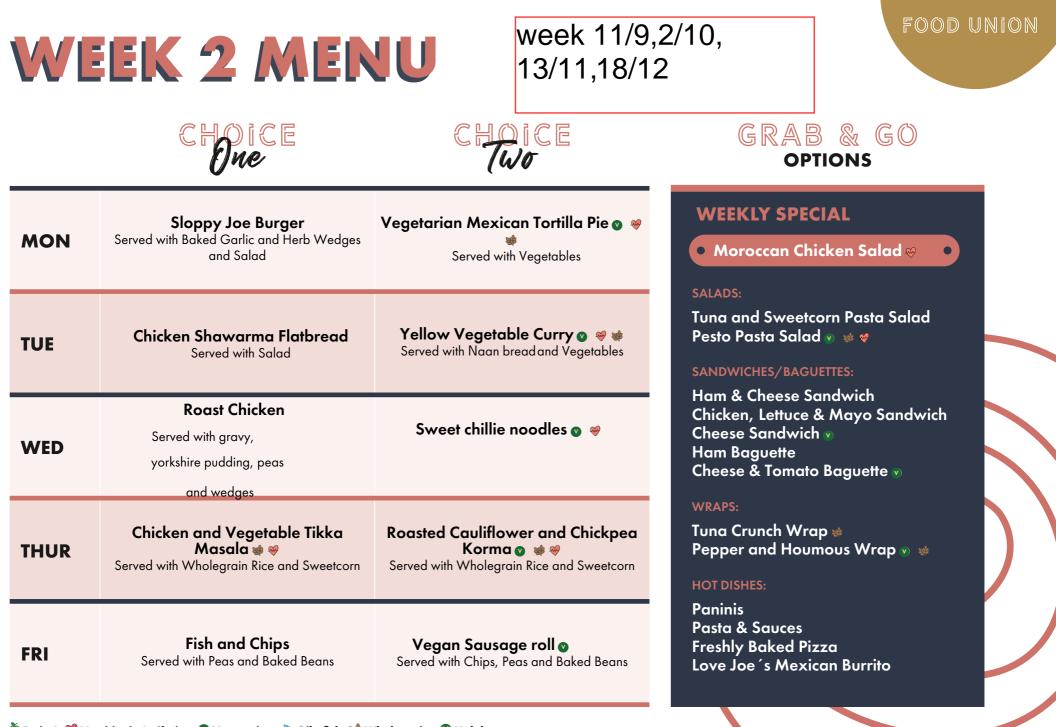


Fruity! Wholegrain Direction of the second secon



🍈 Fruity! 😻 Nutritionist's Choice 🛯 Vegetarian 救 Oily fish 😻 Wholegrain 🛛 🚯 Halal

WEEK 3 MENU

week 18/9, 9/10, 30/1020/11, 4/12

FOOD UNION

	CHOICE	CHOICE	GRAB & GO OPTIONS
MON	BBQ Beef Meatballs Served with Wholewheat Pasta and Green Beans	Cauliflower Mac'n'Cheese 💿 😻 💖	 WEEKLY SPECIAL Sweet Chilli Chicken Noodle Salad
TUE	Teriyaki Chicken Soul Bowl ⊗ ⊯ Served with Rice and Peas	Vegan Chilli o 🧇 🐲 Served with Wholegrain Rice and Peas	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 ♥
WED	Sausages and mash Served with carrot & gravy	Veggie Sausage & mash 💿 Served with peas & gravy	
THUR	Sticky Chicken and Vegetable Noodles ₩	Sweet and Sour Vegetables 💿 😻 🐲 Served with noodles	WRAPS: Tuna Crunch Wrap 🦋 Pepper and Houmous Wrap 🕥 缝 HOT DISHES:
FRI	Breaded Fish Served with Chips, Peas and Baked Beans	Mexican Loaded Wedges Served with Peas and Baked Beans	Paninis Pasta & Sauces Freshly Baked Pizza Love Joe´s Mexican Burrito

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