

WEEK 1 MENU





WEEK 4/9,
25/9, 16/10, 6/11,
27/11, 11/12

FOOD UNION

CHOICE
One

CHOICE
Two

GRAB & GO
OPTIONS

MON	Siracha glazed chicken burger Served with potato chips	Macaroni Cheese Pot  Served with sweetcorn & peas
TUE	Sweet & Sour Chicken Curry Served with naan bread & vegetables	Veggie Dog 
WED	Roast Chicken and Mash Served with Carrots, peas and Gravy	Vegetarian Cottage Pie   Served with Vegetables and Gravy
THUR	Chilli con Carne Served with Nachos and Vegetables	Veggie chilli con carne Served with Nachos and Vegetables
FRI	Southern Fried Chicken Goujon Served with Chips, Peas and Baked Beans	Veggie Burrito Served with Chips and Peas

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

WEEK 2 MENU

week 11/9,2/10,
13/11,18/12

FOOD UNION

CHOICE *One*

CHOICE *Two*

GRAB & GO OPTIONS

MON	Sloppy Joe Burger Served with Baked Garlic and Herb Wedges and Salad	Vegetarian Mexican Tortilla Pie 🌱 🍷 Served with Vegetables
TUE	Chicken Shawarma Flatbread Served with Salad	Yellow Vegetable Curry 🌱 🍷 🌿 Served with Naan bread and Vegetables
WED	Roast Chicken Served with gravy, yorkshire pudding, peas and wedges	Sweet chillie noodles 🌱 🍷
THUR	Chicken and Vegetable Tikka Masala 🌿 🍷 Served with Wholegrain Rice and Sweetcorn	Roasted Cauliflower and Chickpea Korma 🌱 🌿 🍷 Served with Wholegrain Rice and Sweetcorn
FRI	Fish and Chips Served with Peas and Baked Beans	Vegan Sausage roll 🌱 Served with Chips, Peas and Baked Beans

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

week 18/9, 9/10,
30/10 20/11, 4/12

FOOD UNION

CHOICE *One*

CHOICE *Two*

GRAB & GO OPTIONS

MON	BBQ Beef Meatballs 🍷 Served with Wholewheat Pasta and Green Beans	Cauliflower Mac'n'Cheese 🌱 🍷 🍷
TUE	Teriyaki Chicken Soul Bowl 🍷 🍷 Served with Rice and Peas	Vegan Chilli 🌱 🍷 🍷 Served with Wholegrain Rice and Peas
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
FRI	Breaded Fish Served with Chips, Peas and Baked Beans	Mexican Loaded Wedges 🌱 Served with Peas and Baked Beans

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