

WEEK 3 MENU

W/C: 29/04, 20/05, 10/06, 01/07, 22/07, 12/08, 02/09, 23/09, 14/10, 04/11

FOOD UNION

CHOICE
One

CHOICE
Two

GRAB & GO
options

MON	HOT DOGS	Classic New Yorker Hot Dog Served with Chipotle Wedges and American Slaw	HOT DOGS	Urban Veggie Hot Dog ✓ Served with Chipotle Wedges and American Slaw
	TUE	STREET FOOD	Buffalo Chicken Served with Baked Garlic and Herb Wedges and Mixed Salad	STREET FOOD
WED	CLASSICS	Roast Beef Meatballs Served with Mashed Potato, Peas and Gravy	CLASSICS	Roast Veggie Balls ✓ Served with Mashed Potato, Peas and Gravy
THUR	BUDDHA BOX	Nut-free Chicken Satay Buddha Box 🌱 Served with Wholegrain Rice and Mixed Salad	BUDDHA BOX	Roast Butternut Squash, Chickpea and Broccoli Buddha Box ✓ 🌱 🌱
FRI	FRIDAY FAVOURITES	Fish Fingers XL Served with Chips, Baked Beans and Peas	FRIDAY FAVOURITES	Vegetable Fajita ✓ 🌱 Served with Chips, Baked Beans and Peas

HOT DISHES:	Paninis Pasta and Sauces Freshly Baked Pizza Beef Meatballs Panini Jacket Potato and Toppings
SALADS:	Tuna and Sweetcorn Pasta Salad Sweet Chilli Noodles 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 🌱

🌱 Nutritionist's Choice ✓ Vegetarian 🐟 Oily fish 🌱 Wholegrain

Our menu is subject to change.

WEEK 1 MENU

W/C: 15/04, 06/05, 27/05, 17/06, 08/07, 29/07, 19/08, 09/09, 30/09, 21/10

FOOD UNION

CHOICE
One

CHOICE
Two

GRAB & GO
options

RICE BOX

MON

Chicken Tikka Masala 🍷 🌱
Served with Wholegrain Rice and Vegetables

Roasted Rainbow Vegetables 🌱

BURGER BAR

TUE

Double Beef Burger
Served with Chipotle Wedges and Corn on the Cob

Veggie Burger 🌱

Served with Chipotle Wedges and Corn on the Cob

HOT DELI

WED

Roast Chicken
With Roast Potatoes, Vegetables and Gravy

Sticky BBQ Quorn Pitta 🌱
Served with Mixed Salad

MAC SHACK

THUR

Macaroni Cheese 🌱
Served with Roasted Beetroot and Chickpea Salad and Crispy Onions

Macaroni Cheese with Chipotle Sweetcorn 🌱 🍷
Served with Roasted Beetroot and Chickpea Salad and Crispy Onions

FRIDAY FAVOURITES

FRI

Southern Fried Chicken Goujons
Served with Chips, Baked Beans and Peas

Quorn Sausage Roll 🌱
Served with Chips, Baked Beans and Peas

RICE BOX

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza
Beef Meatballs Panini
Jacket Potato and Toppings

SALADS:

Tuna and Sweetcorn Pasta Salad
Sweet Chilli Noodles
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 🍷

🍷 Nutritionist's Choice 🌱 Vegetarian 🐟 Oily fish 🌱 Wholegrain

WEEK 2 MENU

W/C: 22/04, 13/05, 03/06, 24/06, 15/07, 05/08, 26/08, 16/09, 07/10, 28/10

FOOD UNION

CHOICE One

CHOICE Two

GRAB & GO options

CLASSICS

MON Sausage and Mash
Served with Vegetables and Gravy

Vegetarian Sausage and Mash 
Served with Vegetables and Gravy

PAN-ASIAN

TUE Chicken Katsu 
Served with Wholegrain Rice, Peas and Crunchy Slaw

Vegetable Donburi 
Served with Peas and Crunchy Slaw

HOT DELI

WED Roast Pork and Stuffing Baguette 
with Roast Potatoes, Vegetables and Gravy

Korean BBQ Quorn Sub 
Served with Chipotle Wedges, Coleslaw and Sweetcorn

LOADED NACHOS

THUR Chilli Con Carne Nachos 
Served with Mixed Salad and Salsa

Chilli No Carne Nachos 
Served with Mixed Salad and Salsa

FRIDAY FAVOURITES

FRI Southern Fried Chicken Wrap 
Served with Chips, Baked Beans and Peas


Cheese and Onion Pasty 
Served with Chips, Baked Beans and Peas

CLASSICS

HOT DISHES:

Paninis
Pasta and Sauces
Freshly Baked Pizza
Beef Meatballs Panini
Jacket Potato and Toppings




SALADS:

Tuna and Sweetcorn Pasta Salad
Sweet Chilli Noodles
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 

 Nutritionist's Choice  Vegetarian  Oily fish  Wholegrain