# WEEK 1 MENU





MON	<b>Bangers and Mash</b> Served with Peas and Gravy	Plant Based Sausages Served with Mash, Peas and Gravy
TUE	<b>Chicken Masala Naan</b> with Crispy Spiced Potatoes and Mint Yoghurt Dressing	Roasted rainbow vegetables (GF)
WED	<b>Roast Turkey (GF)</b> with roast potatoes, broccoli & carrots	Crispy veggie pie
THUR	Siracha chicken burger (GF)	Plant Ball Marinara Melt Served with Chipotle Wedges and Sweetcorn
FRI	<b>Fish and chips (GF)</b> served with baked beans or peas	Vegan Sausage Roll Served with Chips, Baked Beans and Peas

#### 🎽 Fruity! 😻 Nutritionist's Choice 🛛 Vegetarian 救 Oily fish 😻 Wholegrain 🛛 🕕 Halal

FOOD UNION

## GRAB & GO OPTIONS

### **WEEKLY SPECIAL**

SALADS:

WRAPS:

HOT DISHES:

Paninis

Roasted Indian Chickpea Salad

Tuna and Sweetcorn Pasta Salad Pesto Pasta Salad 😻 🤗

### SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich Chicken, Lettuce & Mayo Sandwich Cheese Sandwich Ham Baguette Cheese & Tomato Baguette

Tuna Crunch Wrap 😻 Pepper and Houmous Wrap 💿 😻

Pasta & Sauces Freshly Baked Pizza Love Joe´s Mexican Burrito

# WEEK 2 MENU





MON	Sloppy Joe burger (GF)	Mexican Beef Tortilla Pie 😻 🤣 🚯 Served with Wholegrain Rice	WEEKLY • Morocco
TUE	<b>Chicken Katsu </b> Served with Wholegrain Rice and Peas	Roasted squash, chick pea & broccoli bowl ⊚ 參ৠ (GF)	SALADS: Tuna and S Pesto Pasta SANDWICHES
WED	Honey roast ham (GF) served with mash, carrots & broccoli	Macaroni Cheese 💿 🐲 with Pizza Pinwheel and Vegetables	Ham & Che Chicken, Le Cheese San Ham Bague Cheese & T
THUR	<b>Chicken Tikka Masala :</b> Served with Wholegrain Rice, Mini Naan and Sweetcorn	Roasted Cauliflower and Chickpea Korma ⊘ ⊯ ♥ Served with Wholegrain Rice, Mini Naan and Sweetcorn	WRAPS: Tuna Crunc Pepper and HOT DISHES:
FRI	Fish & chips (GF) served with baked beans or peas	<b>Vegetarian Burrito o 😻 🧇</b> Served with Chips, Peas and Baked Beans	Paninis Pasta & Sau Freshly Bak Love Joe´s

🎽 Fruity! 😻 Nutritionist's Choice 🔍 Vegetarian 救 Oily fish 😻 Wholegrain 🕕 Halal

## GRAB & GO **OPTIONS**

### EEKLY SPECIAL

Moroccan Chicken Salad 🥪

a and Sweetcorn Pasta Salad to Pasta Salad 😻 💖

### DWICHES/BAGUETTES:

n & Cheese Sandwich ken, Lettuce & Mayo Sandwich ese Sandwich 🛛 n Baguette ese & Tomato Baguette 💿

a Crunch Wrap 🐲 per and Houmous Wrap 💿 👹

ta & Sauces shly Baked Pizza Love Joe's Mexican Burrito

# WEEK 3 MENU





MON	<b>BBQ Beef Meatballs :</b> Solution State and Peas With Wholemeal Pasta, Pizza Pinwheel and Peas	Cauliflower Mac ´n´ Cheese 💿 🐲 🤗 with Pizza Pinwheel and Peas	• Sweet C
TUE	<b>Crispy Katsu Fish </b> Served with Wholegrain Rice and Peas	<b>Vegetarian Chilli v 😻 🧇</b> Served with Wholegrain Rice and Peas	SALADS: Tuna and S Pesto Pasto SANDWICHE
WED	Roast chicken & roast potatoes (GF) served with broccoli & carrots	Beetroot & feta burger (GF)	Ham & Chu Chicken, Lu Cheese Sa Ham Bagu Cheese & T
THUR	<b>Chicken Shawarma </b>	Chinese Vegetable Noodles 💿 Served with Peas	WRAPS: Tuna Crune Pepper an HOT DISHES:
FRI	Fish & chips (GF) served with baked beans or peas	<b>The Veggie Dog v</b> Served with Chips, Baked Beans and Peas	Paninis Pasta & So Freshly Ba Love Joe´s

🎽 Fruity! 😻 Nutritionist's Choice 🛛 Vegetarian 🐲 Oily fish 😻 Wholegrain 🛛 🕕 Halal

FOOD UNION



## Y SPECIAL

Chilli Chicken Noodle Salad 🏼 🌒

Sweetcorn Pasta Salad ta Salad 😻 🥪

#### **IES/BAGUETTES:**

heese Sandwich Lettuce & Mayo Sandwich andwich v uette Tomato Baguette v

nch Wrap 🐲 nd Houmous Wrap 💿 👹

auces aked Pizza ´s Mexican Burrito