

WEEK 1 MENU

W/C: 16/12, 06/01, 27/01, 24/02, 17/03

FOOD UNION

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

	SPICE IS NICE	CLASSICS
MON	Vegetarian Tikka Masala  with Wholegrain Rice & Spiced Cauliflower & Peas	Macaroni Cheese with Cauliflower & Peas 
	BURGER BAR	BURGER BAR
TUE	Beef Burger with Potato Wedges, Corn on the Cob & Coleslaw	Veggie Burger  with Potato Wedges, Corn on the Cob & Coleslaw
	CLASSICS	SPICE IS NICE
WED	Roast Chicken and Gravy with Roast Potatoes and Carrots & Peas	Catalan Spiced Bean and Potato Stew with Herb Dumpling and Carrots & Peas  
	STREET	STREET
THUR	West African Vegetable Rice with Sweetcorn & Green Beans	Korean Glazed Quorn Flatbread  with Satay Sweetcorn & Green Beans
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Battered Fish with Chips, Baked Beans and Peas	Quorn Sausage Roll  with Chips, Baked Beans and Peas

DAILY CHOICES

SALADS

SANDWICHES/BAGUETTES

WRAPS

PANINIS

PASTA & SAUCES

FRESHLY BAKED PIZZA

JACKET POTATO & TOPPINGS

DESSERTS HEALTHY SNACKS

PLEASE SEE DAILY MENUS

WEEK 2 MENU

W/C: 02/12, 13/01, 03/02, 03/03, 24/03

CHOICE One

CHOICE Two

GRAB & GO options

	CLASSICS	CLASSICS
MON	Veggie Cottage Pie with Mixed Vegetables & Gravy 	Vegetarian Sausage and Mash  with Mixed Vegetables and Gravy
	FEASTIVAL	FEASTIVAL
TUE	Chilli Beef Cheese Nachos with Chopped Salad & Coleslaw	Rajasthani Red Lentil Curry   with Wholegrain Rice, Cauliflower & Green Beans
	CARIBBEAN	HOT DELI
WED	Jerk Chicken with Rice and Peas, Carrots, Cabbage & Gravy	Roasted Rainbow Vegetables with Houmous   with Flatbread Fingers
	PAN ASIAN	NOODLE BAR
THUR	Thai Vegetable Curry  with Rice, Steamed Vegetables & Broccoli	Soya Yakisoba Noodles   with Steamed Vegetables & Broccoli
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Southern Fried Chicken with Chips, Baked Beans and Peas	Cheese and Onion Bake  with Chips, Baked Beans and Peas

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DESSERTS HEALTHY SNACKS

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WEEK 3 MENU

W/C: 09/12, 20/01, 10/02, 10/03, 31/03

CHOICE *One*

CHOICE *Two*

GRAB & GO *options*

	NOODLES	STREET
MON	Sweet Chilli Plant Noodles with Broccoli & Carrots	Butterbean, Blackbean & Coconut Stew with Wholegrain Rice, Broccoli & Carrots 🌱❤️
	PAN-ASIAN	PAN-ASIAN
TUE	Sweet and Sour Beef Meatballs with Wholegrain Rice, Green Beans & Satay Sweetcorn	Teriyaki Vegetarian Wrap 🌱❤️ with Green Beans & Satay Sweetcorn
	STREET	HOT DELI
WED	Buffalo Chicken with Ranch Dressing, Baked Garlic & Herb Wedges, Mixed Salad & Coleslaw	Sticky BBQ Quorn Pitta 🌱 with Baked Garlic and Herb Wedges, Mixed Salad & Coleslaw
	POLISH	ITALIAN
THUR	Vegetarian Goulash with Rice, Peas, Carrots & Gravy	Cheesy Mac Bolognese 🌱❤️ with Garlic and Herb Bread, Peas & Carrots
	FRIDAY FAVOURITES	FRIDAY FAVOURITES
FRI	Battered Fish with Chips, Baked Beans and Peas	Vegetable Tikka Sausage Roll 🌱 with Chips, Baked Beans and Peas

DAILY CHOICES

SALADS

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WRAPS

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TOPPINGS

DESSERTS HEALTHY

SNACKS

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DAILY DESSERT MENU

FOOD UNION

	WEEK 1	WEEK 2	WEEK 3
MON	Vanilla & Raspberry Blondie with Fresh Fruit Slices	Lemon Drizzle Muffin	Chocolate Rice Pot
TUE	Apple Crumble with Custard	Strawberry Jelly with Fresh Fruit Slices	Pineapple Upside Down Pudding with Custard
WED	Banoffee Pie	Banana Marble Cake with Custard	Red Velvet Brownie with Fresh Fruit Slices
THUR	Orange Glazed Sticky Pudding with Cream	Chocolate Fudge Brownie with Fresh Fruit Slices	Raspberry Yoghurt Flapjack Muffin
FRI	Chocolate Toffee Shortbread with Fresh Melon Slices	Frozen Mango Yoghurt with Oat Cookie	Chocolate Butterscotch Krispie with Fresh Fruit Slices

ALSO AVAILABLE DAILY

Yoghurt & Fruit Pots, Grape, Melon and Pineapple Pots, Home Bake Selection x 3