

Lunch Menu- Week 1

15/04, 06/05, 27/05, 17/06
08/07, 02/09, 23/09, 14/10

FOOD UNION

Option 1

Monday

Chicken Tikka Masala
with Wholegrain Rice

Tuesday

Sausage and Mash
Vegetables & Gravy

Wednesday

Roast Chicken
with Roast Potatoes,
Vegetables and Gravy

Thursday

Beef Lasagne
With Garlic Herb Bread &
Salad

Friday

Southern Fried Chicken
Goujons Served With Chips,
Peas & Baked Beans

Option 2

Monday

Vegetarian Bolognese
with Wholewheat Pasta &
Mixed Salad

Tuesday

Vegetarian Sausage and Mash
Vegetables & Gravy

Wednesday

Sweet Chilli Noodles
with Vegetables

Thursday

Chilli No Carne
with Wholegrain Rice and
Vegetables

Friday

Quorn Sausage Roll
Served with Chips, Baked
Beans

Option 3

Monday

Spicy Chicken Pitta
with Mixed Salad

Tuesday

Cheeseburger
with Chipotle Wedges & Corn
on the Cob

Wednesday

Crispy Chicken Naan
With Mixed Salad

Thursday

Macaroni Cheese with
Chipotle Sweetcorn
Roasted Beetroot, Chickpea
Salad and Crispy Onions

Friday

Fish Fingers XL
Served with Chips, Beans and
Peas

Dessert of the Day

Monday

Oat Cookie

Tuesday

Pear & Chocolate
Cake

Wednesday

Flapjack

Thursday

Apple Crumble &
Custard

Friday

Brownie

All dishes served with seasonal vegetables and side salads

Lunch Menu- Week 2

22/04, 13/05, 03/06, 15/07
09/09, 30/09, 21/10

FOOD UNION

Option 1

Monday

Jerk Chicken, Rice and Peas served with Salad

Tuesday

Chicken and Broccoli Bake with Vegetables

Wednesday

Roast Pork with Roast Potatoes, Veg & Gravy

Thursday

Chilli Con Carne Nachos, Salad and Salsa

Friday

Southern Fried Chicken Goujons Served With Chips, Peas & Baked Beans

Option 2

Monday

Vegetable Chow Mein

Tuesday

Vegetarian Lasagne with Garlic Herb Bread and Salad

Wednesday

Roast Quorn with Roast Potatoes, Veg and Gravy

Thursday

Chilli No Carne Nachos, Salad and Salsa

Friday

Urban Veggie Dog Served with Chips, Peas and Baked Beans

Option 3

Monday

Sriracha Chicken Burger, Chipotle Wedges & Street Slaw

Tuesday

West African Chicken Rice

Wednesday

Chicken Club Baguette, Chipotle Wedges, Coleslaw & Sweetcorn

Thursday

Curried Chicken and Coriander with Wholegrain Rice

Friday

Battered Fish Served With Chips Peas & Baked Beans

Dessert of the Day

Monday

Fruity Flapjack

Tuesday

Peach Cobbler & Custard

Wednesday

Chocolate Crispy Bar

Thursday

Shortbread

Friday

Ice Cream

All dishes served with seasonal vegetables and side salads

Lunch Menu- Week 3

29/04, 20/05, 10/06, 01/07, 22/07,
16/09, 14/10, 07/10

FOOD UNION

Option 1

Monday

Steak Mince Pie
with Mash, Vegetables and
Gravy

Tuesday

Buffalo Chicken
Baked Garlic and Herb
Wedges & Salad

Wednesday

Roast Chicken Served With
Roast Potatoes Veg & Gravy

Thursday

Cottage Pie

Friday

Southern Fried Chicken
Goujons Served With Chips,
Peas & Baked Beans

Option 2

Monday

Tropical Sunshine Hot Dog
Chipotle Wedges and
American Slaw

Tuesday

Quorn Shawarma Pitta Pocket
Served with Salad

Wednesday

West African Vegetable Rice

Thursday

Vegetable Tikka Masala
with Wholegrain Rice

Friday

Quorn Dippers
Served with Chips, Baked
Beans and Peas

Option 3

Monday

Classic New Yorker Hot Dog
Chipotle Wedges and
American Slaw

Tuesday

Veggie Burrito with Chipotle
Wedges

Wednesday

Beef Meatball Panini

Thursday

Nut Free Chicken Satay
Buddha Box
Wholegrain Rice and Salad

Friday

Fish Fingers XL
Served with Chips, Beans and
Peas

Dessert of the Day

Monday

Oat Cookie

Tuesday

Brownie

Wednesday

Flap Jack

Thursday

Sponge & Custard

Friday

Chocolate Crispy Bar

All dishes served with seasonal vegetables and side salads