

THIS WEEK'S Eats.



WEEK ONE

WEEK ONE
W/C: 04/11, 25/11, 16/12
05/01 26/01 16/02 08/03

FOOD UNION

	CHOICE One	CHOICE Two
MON	Vegetarian Chilli Non Carne & Nachos With Green Salad & Salsa (V)	Sticky BBQ Quorn Pitta Bread (V) With Green Salad & Coleslaw
TUE	The Incredible Veggie Burger Herb & Spiced Wedges (V) Mixed Salad & Slaw	Rajasthan Vegetarian Curry With Steamed Duo Of Rice Served with Mixed Salad Selection (V)
WED	Vegetarian Lasagne Served with Mixed Salad & Red Slaw	Sweet Chilli Vegetable Noodles Served with Crisp Mixed Salad Selection & Red Slaw
THUR	Yellow Vegetable Curry With Steamed Long Grain Rice Served with Mixed Salad Selection (V)	Brazilian Black Bean Stew Served with Mixed Salad Selection (V)
FRI	Cheese , Potato & Onion Slice With Chips, Baked Beans and Garden Peas	Vegetable Fajitah With Chips, Peas & Baked Beans or Mixed Salad (V)

AVAILABLE Daily

FOOD ON THE MOVE

HOT

Chicken Shack Specials
Freshly Baked Pizza
Pasta and Sauces
Topped Jacket Potatoes

COLD

A healthy selection of salads and fruits pots
Made to Order Sandwiches, Baguettes and Wraps



THIS WEEK'S Eats.



WEEK TWO

W/C: 10/11-1/12 12/01 02/02 23/02 16/03

FOOD UNION

	CHOICE One	CHOICE Two
MON	Spinach and Chickpea Dahl With Yellow Rice (V&GF) Served with Mixed Salad Selection	Soya Yakisoba (V) Served with Mixed Salad Selection
TUE	Mexican Veggie Burrito With Baked Garlic and Herb Wedges Served with Mixed Salad Selection(V)	Urban Veggie Dog With Baked Garlic and Herb Wedges Served with Mixed Salad Selection(V)
WED	Persian Vegetable Pitta Steamed Long Grain Rice With Crisp salad (V & GF)	Sweet Potato Curry With Wholemeal Rice (V & GF) Served with Mixed Salad Selection
THUR	Vegetarian Cottage Pie with (V&GF) Seasonal Vegetables & V.Gravy	Vegetarian Jambalaya With Seasonal Vegetables (V&GF)
FRI	BBQ Quorn Bites With Chips, Baked Beans and Garden Peas	Vegetarian Tikka Sausage Roll With Chips, Baked Beans and Garden Peas (V)

AVAILABLE Daily

FOOD ON THE MOVE

HOT

- Chicken Shack Specials
- Freshly Baked Pizza
- Pasta and Sauces
- Topped Jacket Potatoes

COLD

- A healthy selection of salads and fruits pots
- Made to Order Sandwiches, Baguettes and Wraps



Wholegrain

Nutritionist's Choice

V Vegan

GF Gluten Free

THIS WEEK'S Eats.



WEEK THREE

W/C: 17/11 08/12 19/01 09/02 02/03 23/03

FOOD UNION

	CHOICE One	CHOICE Two
MON	Sweet & Sour Vegetables with Yellow Rice & Nut Free Satay, Crisp Mixed Salad & Slaw Choice (V&GF)	Spinach and Potato Curry With Wholemeal Rice Served with Mixed Salad Selection (V&GF)
TUE	Tiger Bhaji Burger Baked Garlic & Herb Wedges Satay Served with Mixed Salad Selection (V)	Vegetable Shak With Yellow Rice (V) Served with Mixed Salad Selection
WED	Teriyaki Vegetarian Wrap With Wholemeal Rice (V) Served with Mixed Salad Selection	Firecracker Lentils With Siracha Mayo (V) Served with Mixed Salad Selection
THUR	Cheesy Mac Bolognese Served with Mixed Salad Selection	Sticky BBQ Pitta Served with Mixed Salad Selection (V)
FRI	Quorn Nuggets With Chips, Garden Peas and Baked Beans (V) Served with Mixed Salad Selection	Plant Ball Marinara Melt With Chips, Garden Peas and Baked Beans (V)

AVAILABLE Daily

FOOD ON THE MOVE

HOT

Chicken Shack Specials
Freshly Baked Pizza
Pasta and Sauces
Topped Jacket Potatoes

COLD

A healthy selection of salads and fruits pots
Made to Order Sandwiches, Baguettes and Wraps



Wholegrain

Nutritionist's Choice V Vegan GF Gluten Free