

Lunch Menu- Week 1

30/10, 20/11, 11/12,
01/01, 22/01, 26/02, 18/03

FOOD UNION

Option 1

Monday

Turkey Con Chilli
Served with Rice & Peas

Tuesday

Traditional Cottage Pie
Served with Two Vegetables
& Gravy

Wednesday

Honey Roast Ham
Served with Roast Potatoes
& Gravy

Thursday

Smokey Chicken Pasta Bake
Served with Salad

Friday

The Sausage Dog
Served with Chips, Peas
and Baked Beans

Option 2

Monday

Feta & Beetroot Burger
Served with Chipotle Wedges
& Mixed Salad

Tuesday

Cauliflower Mac 'n' Cheese
with Pizza Pinwheel

Wednesday

Vegetarian Lasagne
Served with Two Vegetables &
Gravy

Thursday

Plant Ball Marinara Melt
Served with Chipotle Wedges

Friday

Mac & Cheese
Served with Chips & Peas

Option 3

Monday

Trinidad Vegetable Rice

Tuesday

Crispy Chicken Masala Slider
Served with Chipotle Wedges

Wednesday

Vegetable Chow Mein
Noodles

Thursday

Spicy Chicken Pita
Served with Chipotle Wedges
& Mixed Salad

Friday

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

Dessert of the Day

Monday

Apple Crumble
& Custard

Tuesday

Chocolate Sponge

Wednesday

Carrot Cake

Thursday

Syrup Sponge
& Custard

Friday

Beetroot Brownie

All dishes served with seasonal vegetables and side salads

Lunch Menu- Week 2

06/11, 27/11, 08/01,
29/01, 19/02, 04/03

FOOD UNION

Option 1

Monday

Chicken Shawarma Flatbread
Served with Baked & Herb
Wedged Potatoes & Salad

Tuesday

Southern Fried Chicken Katsu
Served with Wholegrain Rice &
Vegetable

Wednesday

Minced Beef & Potato Pie
Served with Roast Potatoes

Thursday

Chicken Tikka Masala
Served with Wholegrain Rice,
Mini Naan & Salad

Friday

Fish & Chips
Served with Peas and
Baked Beans

Option 2

Monday

Vegetarian Mexican Tortilla
Pie
served with Wholegrain Rice

Tuesday

Yellow Vegetable Curry
Served with Wholegrain Rice &
Vegetables

Wednesday

Louisiana Soul Bowl
Served with Mexican Yellow
Rice & American Slaw

Thursday

Roasted Cauliflower and
Chickpea Korma
Wholegrain Rice & Mini Naan

Friday

Vegan Sausage Roll
Served with Chips, Peas and
Baked Beans

Option 3

Monday

Traditional Lasagne
Served with Baked & Herb
Wedged Potatoes & Salad

Tuesday

Sloppy Joe
Served with Baked Wedged
Potatoes & Salad

Wednesday

Pulled Mexican Chicken
Served with Wholegrain Rice

Thursday

Classic Cheeseburger
Served with Baked & Herb
Wedged Potatoes & Salad

Friday

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

Dessert of the Day

Monday

Chocolate Ice Cream

Tuesday

Flapjack

Wednesday

Berry Crumble
& Custard

Thursday

Apple & Cinnamon
Strudel

Friday

Crunchy Choc
Cookies

All dishes served with seasonal vegetables and side salads

Lunch Menu- Week 3

13/11, 04/12, 15/01
05/02, 26/02, 11/03

FOOD UNION

Option 1

Monday
Bangers & Mash

Tuesday
Teriyaki Chicken Soul Bowl
Served with Pineapple Rice &
Crunchy Slaw

Wednesday
Roast Turkey
Served with Roast Potatoes

Thursday
Sticky Chicken Noodles

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

Option 2

Monday
Plant Based Sausages
Served with Mashed Potatoes
& Gravy

Tuesday
Vegan Chilli
Served with Wholegrain
Rice & Peas

Wednesday
West African Vegetable Rice

Thursday
Sweet & Sour Vegetables
Served with Wholegrain Rice

Friday
The Veggie Dog
Served with Chips, Baked
Beans and Peas

Option 3

Monday
Szechuan Chicken
Served with Asian Vegetable
Noodles

Tuesday
Mexican Fiesta Burger
Served with Garlic and Herb
Wedges and Apple Slaw

Wednesday
Buffalo Chicken
With Vegetable Rice

Thursday
Mexican Beef Tortilla
Served with Mexican Yellow
Rice

Friday
Crispy Fish Finger Wrap
Served with Chips, Baked
Beans and Peas

Dessert of the Day

Monday
Berry & Peach Oat
Crumble
& Custard

Tuesday
Apple & Blackberry
Pie

Wednesday
Homemade Cookies

Thursday
Flapjack

Friday
Strawberry Ice Cream

All dishes served with seasonal vegetables and side salads