

THIS WEEK'S Eats.

WEEK ONE

W/C:

FOOD UNION

	CHOICE One	CHOICE Two
MON	<p>Siracha Glazed Chicken Burger Served with Chipotle Potato Wedges, Sweetcorn and Coleslaw</p>	<p>Vegetarian Devil's Kitchen Burger 🍷🌱 Served with Chipotle Potato Wedges, Sweetcorn and Coleslaw</p>
TUE	<p>West African Chicken Rice 🍷 Served with Mixed Side Salad</p>	<p>Cauliflower Mac 'n' Cheese 🌱 Served with Garlic and Herb Bread</p>
WED	<p>Beef Lasagne Served with Stromboli Pizza Bread 🍷 and Mixed Side Salad</p>	<p>Vegetarian Cottage Pie 🍷🌱 Served with Peas</p>
THUR	<p>Sloppy Joe Burger Served with Baked Garlic and Herb Wedges</p>	<p>Yellow Vegetable Curry 🍷🌱 Served with Wholegrain Rice and Sweetcorn</p>
FRI	<p>Battered Fish Served with Chips, Baked Beans and Peas</p>	<p>Vegan Sausage Roll 🌱 Served with Chips, Baked Beans and Peas</p>

AVAILABLE Daily

FOOD ON THE MOVE

HOT

Love Joes Burritos and Wraps
Freshly Baked Pizza
Pasta and Sauces
Topped Jacket Potatoes

COLD

A healthy selection of
Fresh Salads, Fresh Sandwiches,
Baguettes and Wraps



🌱 Vegetarian 🐟 Oily fish 🍷 Wholegrain 🍏 Fruity 🍷 Nutritionist's Choice

THIS WEEK'S Eats.

WEEK TWO

W/C:

FOOD UNION

	CHOICE One	CHOICE Two
MON	<p>Pork Sausages</p> <p>Served with Mashed Potato, Sweetcorn, Peas and Gravy</p>	<p>Vegetarian Devil's Kitchen Sausage 🍷 🌱</p> <p>Served with Mashed Potato, Sweetcorn, Peas and Gravy</p>
TUE	<p>Chicken Katsu</p> <p>Served with Wholegrain Rice and Peas 🌾</p>	<p>Vegetable Chow Mein 🍷 🌱</p>
WED	<p>Roast Chicken 🍷</p> <p>Served with Mashed Potato, Yorkshire Pudding, Carrots, Cabbage and Gravy</p>	<p>Vegetable Pastry Roll 🌱</p> <p>Served with Mashed Potato, Yorkshire Pudding, Carrots, Cabbage and Gravy</p>
THUR	<p>Pulled Mexican Chicken and Crushed Taco 🍷</p> <p>Served with Wholegrain Rice and Mixed Side Salad 🌾</p>	<p>Vegetarian Bolognese 🍷 🌱</p> <p>Served with Mixed Side Salad</p>
FRI	<p>Battered Fish</p> <p>Served with Chips, Peas and Baked Beans</p>	<p>Vegetarian Hot Dog 🌱</p> <p>Served with Chips, Peas and Baked Beans</p>

AVAILABLE Daily

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Freshly Baked Pizza
Pasta and Sauces
Topped Jacket Potatoes

COLD

A healthy selection of
Fresh Salads, Fresh Sandwiches,
Baguettes and Wraps















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THIS WEEK'S Eats.

WEEK THREE

w/c:

FOOD UNION

	CHOICE One	CHOICE Two
MON	<p>Chilli Con Carne </p> <p>Served with Wholegrain Rice  and Spiced Sweetcorn</p>	<p>Vegetarian Chilli  </p> <p>Served with Wholegrain Rice </p>
TUE	<p>Mandarin BBQ Style Pork</p> <p>Served with Stir Fried Vegetables and Peas</p>	<p>Chickpea and Tomato Masala  </p> <p>Served with Wholegrain Rice </p>
WED	<p>Mince Steak Pie</p> <p>Served with Mashed Potato, Broccoli, Sweetcorn and Gravy</p>	<p>Crispy Topped Veggie Pie </p> <p>Served with Mashed Potato, Broccoli, Sweetcorn and Gravy</p>
THUR	<p>Buffalo Chicken</p> <p>Served with Lime Ranch Dressing, Herb Diced Potatoes, Cornslaw and Sweetcorn</p>	<p>Vegetarian Incredible Burger  </p> <p>Served with Herb Diced Potatoes, Cornslaw and Sweetcorn</p>
FRI	<p>Battered Fish</p> <p>Served with Chips, Peas and Baked Beans</p>	<p>New Yorker Quorn Dog </p> <p>Served with Chips, Peas, Baked Beans and Mixed Side Salad</p>

AVAILABLE Daily

FOOD ON THE MOVE

HOT

Love Joes Burritos and Wraps
Freshly Baked Pizza
Pasta and Sauces
Topped Jacket Potatoes

COLD

A healthy selection of
Fresh Salads, Fresh Sandwiches,
Baguettes and Wraps



THIS WEEK'S Eats.

WEEK ONE

w/c:

FOOD UNION

SELECTOR – WEEK ONE

MON	Chicken Shawarma Flatbread Blackeye Bean Burger 🍷🌱	Beef Lasagne
TUE	Spicy Chicken Pitta with Chilli Sauce Cajun Chicken Burger 🍷	Feta and Beetroot Burger 🌱
WED	Roast Turkey Roast Pork with Stuffing and Apple Sauce	Roast Glazed Ham Sweet Potato Chickpea Roast 🍷🌱
THUR	Crispy Chicken Masala Slider Cottage Pie 🍷	Vegetarian Cottage Pie 🍷🌱
FRI	Breaded Chicken Strips Katsu Curry Fish Finger Wrap 🐟 Vegetarian Plantball Marinara 🍷🌱	Chickpea and Tomato Masala 🍷🌱 Vegetable Chow Mein 🍷🌱



THIS WEEK'S Eats.

WEEK TWO

w/c:

FOOD UNION

SELECTOR – WEEK TWO

MON	Sloppy Joe Burger	Vegetarian Lasagne 🍃
TUE	Chicken Souvlaki Flatbread Vegetarian Sausage Casserole ❤️ 🍃	Pesto Pasta Bake 🍃
WED	Roast Turkey Roast Pork with Stuffing and Apple Sauce	Roast Glazed Ham Vegetable Pie 🍃
THUR	Sweet and Sour Chicken Vegetarian Burrito ❤️ 🍃 🌿	Yellow Vegetable Curry ❤️ 🍃
FRI	Mezze Wrap ❤️ 🍃 🌿 Mac 'n' Cheese Pot 🍃 Vegetable Chow Mein ❤️ 🍃	Katsu Curry Fish Finger Wrap 🌿 Chickpea and Tomato Masala ❤️ 🍃 Pesto Pasta Bake 🍃



THIS WEEK'S Eats.

WEEK THREE

w/c:

FOOD UNION

SELECTOR – WEEK THREE

MON	Cottage Pie 🍷 Vegetarian Cottage Pie 🍷🌱	Chicken Sausages
TUE	Thai Red Chicken Curry Yellow Vegetable Curry 🍷🌱	Cajun Chicken Burger 🍷
WED	Roast Turkey Roast Pork with Stuffing and Apple Sauce	Roast Glazed Ham Vegetarian Cottage Pie 🍷🌱
THUR	Feta and Beetroot Burger 🌱 Chicken Tikka Masala	Vegetarian Chilli 🍷🌱
FRI	Breaded Chicken Strips Katsu Curry Fish Finger Wrap 🌾	Chickpea and Tomato Masala 🍷🌱 Vegetable Chow Mein 🍷🌱



THIS WEEK'S Eats.



FOOD ON THE MOVE SELECTOR – SOUL BOWLS

MON

Cajun Halloumi and Pineapple Rice Bowl 



TUE

Louisiana Quorn and Bean Pot  



WED

Katayama Chicken Donburi

THUR

Moroccan Style Plantball, Carrot and Edamame Bean  



FRI

THIS WEEK'S *Eats.*

FOOD UNION

FOOD ON THE MOVE SELECTOR – LOVE JOES

MUST COOK – MINIMUM 1 PER DAY

Mexican Chicken Burrito

Maple Sweet Chilli Chicken Wrap

Indian Chicken Burrito

Katsu Chicken Wrap

BBQ Chicken Wrap



THIS WEEK'S *Eats.*

FOOD UNION

FOOD ON THE MOVE SELECTOR – JACKET POTATOES

MUST COOK – MINIMUM 1 PER DAY

JACKET POTATO WITH SALMON MAYO MUST BE SERVED ONCE EVERY 3 WEEKS

Jacket Potato with Bolognese

Jacket Potato with Baked Beans 🍷🍷

Jacket Potato with Tuna Mayo

Jacket Potato with Cheese 🍷



THIS WEEK'S *Eats.*

FOOD UNION

FOOD ON THE MOVE HOT SELECTOR – PASTA AND SAUCES

MUST COOK – MINIMUM 1 PER DAY

Tomato Pasta 

Carbonara Pasta

Arrabbiata Pasta 

Italian Chicken Pasta

BBQ Chicken Pasta

Pasta Bolognese



THIS WEEK'S *Eats.*


FOOD UNION

FOOD ON THE MOVE HOT SELECTOR – PANINIS AND TOASTIES

MUST COOK – MINIMUM 1 PER DAY

Cheese Panini 

Cheese and Tomato Sauce Panini 

Vegan Cheese and Tomato Sauce Panini 

Tuna Melt Panini

Cheese and Bean Toastie 

Ham and Cheese Toastie



THIS WEEK'S *Eats.*

FOOD ON THE MOVE HOT SELECTOR – PIZZAS

MUST COOK – MINIMUM 1 PER DAY

Margherita Pizza 

Cajun Chicken Sizzler Pizza

Hawaiian Pizza



Bacon Pizza

The Veggie Hot One Pizza 



THIS WEEK'S *Eats.*

FOOD UNION

FOOD ON THE MOVE COLD SELECTOR – SALADS

MUST COOK – MINIMUM 2 PER DAY

Tuna and Sweetcorn Pasta Salad

Chicken and Bacon Pasta Salad

Chicken Tikka and Rice Shaker Salad



Jerk Chicken and Noodle Salad

Coronation Chicken Salad

Falafel and Houmous with Vegetable Dippers 🍷 🌱



Cheddar Cheese Shaker Salad 🌱



THIS WEEK'S *Eats.*

FOOD UNION

FOOD ON THE MOVE COLD SELECTOR – SANDWICHES

CHEESE, HAM AND TUNA MAYO MUST BE AVAILABLE EVERY DAY
ALL SANDWICHES AVAILABLE ON WHITE OR BROWN BREAD 🍃

Chicken and Bacon Sandwich

Chicken Mayo Sandwich

Cheese Ploughman's
Sandwich 🍃

Egg Mayo Sandwich 🍃

Cheese and Tomato
Sandwich 🍃

Ham Salad Sandwich

Cheese Salad Sandwich 🍃

Cheese and Ham Sandwich

Vegan Cheese Sandwich 🍃

Cheese and Pickle
Sandwich 🍃

Tuna and Sweetcorn
Sandwich



THIS WEEK'S *Eats.*

FOOD UNION

FOOD ON THE MOVE COLD SELECTOR – BAGUETTES AND WRAPS

TUNA CRUNCH WRAP

CHICKEN AND BACON BAGUETTE

CHEESE AND PICKLE BAGUETTE

MUST BE AVAILABLE EVERY DAY

ALL BAGUETTES AVAILABLE ON WHITE OR BROWN 🌿

Cheese Salad Wrap 🌿 ✓

Pepper and Houmous
Wrap 🌿 ✓

Tuna Crunch Wrap 🌿

Chicken Salad Wrap 🌿

Ham Salad Baguette

Cheese Baguette ✓

Chicken Mayo Baguette

Tuna Mayo Baguette

Chicken and Bacon
Baguette

Tuna and Sweetcorn
Baguette

Vegan Cheese and Pickle
Baguette ✓

Cheese and Pickle
Baguette ✓

Ham Baguette

Cheese and Ham
Baguette

Tuna and Cucumber
Baguette



Fruity! ❤️ Nutritionist's Choice

THIS WEEK'S *Eats.*

FOOD UNION

DESSERT

RASPBERRY FLAPJACK MUFFIN

FRUIT FLAPJACK 🍏

CHOCOLATE BROWNIE

MULLER LIGHT YOGHURT POT

MUST BE AVAILABLE EVERY DAY

FRUIT BASED DESSERTS TO BE SERVED A MINIMUM OF TWICE PER WEEK 🍏

DESSERT SELECTOR

Fruit Slice 🍏

Banoffee Pie 🍏

Pear Upside Down Cake 🍏

Apple Cracknell 🍏

Peach Shortcake Crumble 🍏

Apple and Cinnamon Strudel 🍏

Iced Bun

Jam Doughnut

Blueberry Muffin

Chocolate Crispy Bar

Sweet Waffle

Shortbread

Individual Victoria Sponge

Carrot Cake

Orange Drizzle Muffin

Lemon Drizzle Muffin

Apple Muffin

Oat Cookie

