

# 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**