


WEEK 1 MENU

CHOICE *One*

CHOICE *Two*

GRAB & GO OPTIONS

MON	Bangers & Mash 	Veggie Chow Mein  
TUE	Turkey Con Chilli    Served with Wholegrain Rice	Feta and Beetroot Burger  Served with Chipotle Wedges and Salad
WED	Roast Chicken  Roast Potatoes cabbage & Carrots & Gravy	Vegetarian Cottage Pie   Served with Vegetables and Gravy
THUR	Traditional Cottage Pie   Broccoli & Sweetcorn	Vegetarian Sausage Casserole  Served with Mashed Potato and Vegetables
FRI	Fish & Chips  Baked Beans or Peas	Mac & Cheese Pot  Served with Chips and Peas

WEEKLY SPECIAL

- Roasted Indian Chickpea Salad  •

SALADS:

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad   

SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich
Chicken, Lettuce & Mayo Sandwich
Cheese Sandwich 
Ham Baguette
Cheese & Tomato Baguette 

WRAPS:

Tuna Crunch Wrap 
Pepper and Houmous Wrap  

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Pizza
Love Joe's Mexican Burrito

WEEK 2 MENU

CHOICE One

CHOICE Two

GRAB & GO OPTIONS

MON	Chicken Shawarma Flatbread 🍗 Served with Salad	Vegetarian Mexican Tortilla Pie 🌱 Served with Wholegrain Rice and Vegetables
TUE	Southern Fried Chicken Katsu 🍗 Served with Wholegrain Rice and Vegetables	Yellow Vegetable Curry 🌱 Served with Wholegrain Rice and Vegetables
WED	Roast Chicken 🍗 Roast Potatoes Cabbage & Carrots & Gravy	Veggie Burrito 🌱 Served with Chipotle Potato Wedges
THUR	Chicken and Vegetable Tikka Masala 🍗 Served with Wholegrain Rice and Sweetcorn	Roasted Cauliflower and Chickpea Korma 🌱 Served with Wholegrain Rice and Sweetcorn
FRI	Fish and Chips Served with Peas and Baked Beans	The Veggie Dog 🌱 Served with Peas and Baked Beans

WEEKLY SPECIAL

• Moroccan Chicken Salad 🍗

SALADS:

Tuna and Sweetcorn Pasta Salad

Pesto Pasta Salad 🍗 🌱

SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich

Chicken, Lettuce & Mayo Sandwich

Cheese Sandwich 🌱

Ham Baguette

Cheese & Tomato Baguette 🌱

WRAPS:

Tuna Crunch Wrap 🍗

Pepper and Houmous Wrap 🌱 🍗

HOT DISHES:

Paninis

Pasta & Sauces

Freshly Baked Pizza

Love Joe's Mexican Burrito

WEEK 3 MENU

FOOD UNION

CHOICE *One*

CHOICE *Two*

GRAB & GO OPTIONS

MON	Jerk Chicken  Served with Rice and Peas	Cauliflower Mac'n'Cheese    Served with Pizza Pinwheel and Salad
TUE	Beef Lasagne   Pizza Pinwheel & Salad	Vegan Chilli    Served with Wholegrain Rice and Peas
WED	Roast Chicken  Roast Potatoes Broccoli & Carrots & Gravy	Vegetarian Lasagne Garlic & Herb Bread
THUR	Sticky Chicken and Vegetable Noodles  	Black-eyed Bean Burger  Served with Garlic and Herb Wedges And American Slaw
FRI	Fish & Chips Peas or Baked Beans	Mexican Loaded Wedges  Served with Peas and Baked Beans

WEEKLY SPECIAL

• Sweet Chilli Chicken Noodle Salad •

SALADS:

Tuna and Sweetcorn Pasta Salad
 Pesto Pasta Salad   

SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich
 Chicken, Lettuce & Mayo Sandwich
 Cheese Sandwich 
 Ham Baguette
 Cheese & Tomato Baguette 

WRAPS:

Tuna Crunch Wrap 
 Pepper and Houmous Wrap  

HOT DISHES:

Paninis
 Pasta & Sauces
 Freshly Baked Pizza
 Love Joe's Mexican Burrito

 Fruity!  Nutritionist's Choice  Vegetarian  Oily fish  Wholegrain  Halal