

THIS WEEK'S *Eats.*

FOOD UNION

Food On The Move – Mid Morning Break

Toasted Crumpet - Toasted Bagel - Toasted Teacake - Toasted Cinnamon and Raisin Bagel



Vegetarian Sausage Bap - Bacon Bap - Bacon and Egg English Muffin - Bacon Baguette



Margherita Pizza Slice - Demi Paninis - Toasted Sandwiches



Ham and Cheese Bagel - BBQ Chicken Bagel

Cold selections available every break time: Fresh Fruit - Crudites - Sandwiches - Baguettes - Pasta Salads














THIS WEEK'S Eats.

WEEK ONE

w/c: 31 Oct / 21 Nov / 12 Dec
16 Jan / 6 Feb / 6 Mar / 27 Mar

FOOD UNION

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

AVAILABLE Daily

FOOD ON THE MOVE

HOT

Freshly Filled and Toasted Paninis
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: 7 Nov / 28 Nov / 2 Jan
23 Jan / 20 Feb / 13 March

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 Turkey 🍷</p> <p>Served with Roast Potatoes, Carrots, Cabbage and Gravy</p>	<p>Vegetable Pie 🌱</p> <p>Served with Roast Potatoes, 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>Breaded Chicken Strips</p> <p>Served with Chips, Peas or Baked Beans</p>	<p>Vegetarian Hot Dog 🌱</p> <p>Served with Chips, Peas or Baked Beans</p>

AVAILABLE Daily

FOOD ON THE MOVE

HOT

Freshly filled and Toasted Paninis
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 THREE

w/c: 14 Nov / 5 Dec / 9 Jan
30 Jan / 27 Feb / 20 March

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>Roast Pork with Stuffing and Apple Sauce</p> <p>Served with Roast Potatoes, 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>Breaded Chicken Strips</p> <p>Served with Chips, Peas or 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
<p>Freshly Filled and Toasted Paninis</p> <p>Freshly Baked Pizza</p> <p>Pasta and Sauces</p> <p>Topped Jacket Potatoes</p>
COLD
<p>A healthy selection of</p> <p>Fresh Salads, Fresh Sandwiches,</p> <p>Baguettes and Wraps</p>



THIS WEEK'S *Eats.*

FOOD UNION

Dessert Available Every Day:

Raspberry Flapjack Muffin 🍏
Fruit Flapjack 🍏
Chocolate Brownie
Muller Light Yoghurt Pot



Main Desserts (see daily menus for availability)

Apple Cracknell 🍏

Banoffee Pie 🍏

Pear Upside Down Cake 🍏

Apple Cracknell

Peach Shortcake Crumble 🍏

Apple and Cinnamon Strudel 🍏

Chocolate Crispy Bar

Sweet Waffle

Individual Victoria Sponge

Carrot Cake 🍏

Orange Drizzle Muffin

Lemon Drizzle Muffin



Fresh Fruit Pots Available Daily

Watermelon - Grapes - Pineapple - Strawberries



THIS WEEK'S Eats.

The Cabin

	MON	TUE	WED	THUR	FRI
Rice Dishes	Mexican Chicken Mexican Yellow Vegetable	Chinese Style Chicken Fajita Spiced Vegetable	Chicken Tikka Chinese Style Vegetable with Soy and Garlic	Sweet and Sour Chicken Egg Fried Rice	Sweet Chilli Chicken Sweet and Sour Vegetable
Noodles	Sweet Chilli, Garlic Chicken Vegetable Chow Mein	Beef Chow Mein Sweet and Sour Vegetable	BBQ Chicken with Peppers Beggars Noodles	Maple Sweet Chilli Chicken Vegetable Tikka	Chicken Pepper and Garlic Beggars Noodles
Wraps Burritos	Vegetable Fajita BBQ Chicken Mexican Spicy Quorn Chilli Beef	Chicken Fajita Vegetable Fajita Pulled Beef Meze Plant	Sweet Chilli Chicken BBQ Beans Chicken Pepper Garlic Fajita Spiced Vegetables	Chicken Katsu Curry Cajun Spiced Quorn Mexican Chicken 5 Bean Chilli	Southern Fried Chicken with BBQ Sauce Cheesy Chip and Curry Sauce Katsu Vegetable Curry
Cold Wraps	Ham Salad Cheese Salad	Tuna Crunch Cheese Salad	Chicken Mayo Salad Cheese Salad	B.L.T Cheese Salad	Ham Salad Cheese Salad
Tray Bake	Shortbread	Chocolate Crispy	Flapjack	Muffin	Sweet Belgium Waffle




Available Daily: Apples and Bananas

Drinks: Juice Burst, Small and Medium Water

THIS WEEK'S *Eats.*

FOOD UNION

Food On The Move - Lunch – Hot Selection

Paninis and Toasted Sandwiches: Ham, BBQ Chicken, Cheese , Pizza Sauce and Cheese, Ham and Cheese



Hot Pasta: Beef Bolognese or Herby Tomato 



Jacket Potato: Baked Beans , Cheese , Beef Bolognese, Tuna Mayo, Salmon Mayo 

Burgers: Vegan Burger  or Cajun Chicken Burger



Pizza Slices: Margherita , Hawaiian, The Veggie Hot One 

THIS WEEK'S *Eats.*

FOOD UNION

Food On The Move – Salads

Tuna and Sweetcorn Pasta Salad

Chicken and Bacon Pasta Salad

Tomato Pasta Salad




Sweet Chilli Chicken Noodle Salad

BBQ Chicken Pasta Salad

Red Pepper Houmous with
Vegetable Dippers



Cheddar Cheese Shaker Salad 

Carrot and Cucumber sticks

Mixed Side Salad Pot



THIS WEEK'S *Eats.*

FOOD UNION

Food On The Move - Cold Selection

All Baguettes And Sandwiches Available Daily On White Or Brown Bread 🍃

Chicken and Bacon
Sandwich
Ham Salad Sandwich 🍃

Chicken Mayo Sandwich
Cheese and Ham
Sandwich

Egg Mayo Sandwich
Tuna and
Sweetcorn Sandwich

Cheese Salad Sandwich
Cheese and Pickle
Sandwich 🍃

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

Vegan Cheese and Salad
Baguette 🍃

