

Mid-Morning Break

FOOD UNION

GRAB & GO OPTIONS

	Half Toasted Bagel Slice of Toast	Toasted Sandwich
	Breakfast Muffin	Veggie Breakfast Muffin
	Bacon Bap Bacon Baguette	BBQ Bean and Egg Pot
	Pineapple or Grape Pot	Crudites with Houmous
	Strawberry, Mango or Blueberry Smoothie	Berry Granola and Yoghurt Pot

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