

# THIS WEEK'S Eats.

WEEK ONE

31/0/22 21/11/22 12/12/22 16/1/23 6/2/23 27/3/22  
17/4/23

FOOD UNION

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

7/11/22 28/11/22 2/1/23 23/1/23 13/2/23 13/3/23

FOOD UNION

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

14/11/22 5/12/22 9/1/23 30/1/23 27/2/23 20/3/23,

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

<b>MON</b>	Chicken Shawarma Flatbread Blackeye Bean Burger 🍷 🌱	Beef Lasagne
<b>TUE</b>	Spicy Chicken Pitta with Chilli Sauce Cajun Chicken Burger 🍷	Feta and Beetroot Burger 🌱
<b>WED</b>	Roast Turkey Roast Pork with Stuffing and Apple Sauce	Roast Glazed Ham Sweet Potato Chickpea Roast 🍷 🌱
<b>THUR</b>	Crispy Chicken Masala Slider Cottage Pie 🍷	Vegetarian Cottage Pie 🍷 🌱
<b>FRI</b>	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

<b>MON</b>	Sloppy Joe Burger	Vegetarian Lasagne 🍃
<b>TUE</b>	Chicken Souvlaki Flatbread Vegetarian Sausage Casserole ❤️ 🍃	Pesto Pasta Bake 🍃
<b>WED</b>	Roast Turkey Roast Pork with Stuffing and Apple Sauce	Roast Glazed Ham Vegetable Pie 🍃
<b>THUR</b>	Sweet and Sour Chicken Vegetarian Burrito ❤️ 🍃 🌿	Yellow Vegetable Curry ❤️ 🍃
<b>FRI</b>	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

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



# THIS WEEK'S *Eats.*

FOOD UNION



## 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



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



# 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 UNION

## 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

