



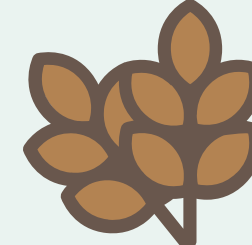






# WEEK 1 MENU

W/C: 04/11, 25/11, 16/12  
06/01, 27/01, 10/03, 31/03

CHOICE  
*One*

CHOICE  
*Two*

CHOICE  
*Three*

<b>MON</b>	<b>Beef Bolognese</b> Served with Wholewheat Pasta 	<b>Vegetable Bolognese</b>  Served with Wholewheat Pasta 	<b>Jacket Potato</b> with Chilli and Cheese
<b>TUE</b>	<b>Cheeseburger</b> Served with Chipotle Wedges and Corn on the Cob	<b>Vegetable Burger</b>  Served with Chipotle Wedges and Corn on the Cob	<b>Pasta</b>  Penne Pasta with Tomato and Basil Sauce
<b>WED</b>	<b>Roast Chicken</b> With Roast Potatoes and Seasonal Vegetables	<b>Macaroni Cheese</b>  Served with Salad	<b>Roast Chicken and Stuffing Baguette</b>
<b>THUR</b>	<b>Chicken Tikka Masala</b>  Served with Wholegrain Rice	<b>Korean Glazed Quorn</b>  Served in a Pitta Bread with Salad	<b>Jacket Potato</b> With Vegetable Tikka Masala
<b>FRI</b>	<b>Battered Fish</b> With Chips, Peas and Baked Beans	<b>Quorn Sausage Roll</b>  With Chips, Peas and Baked Beans	<b>Southern Fried Chicken</b> With Chips, Peas and Baked Beans











# WEEK 2 MENU

W/C: 11/11, 02/12, 13/01  
03/02, 24/02, 17/03

## CHOICE One

## CHOICE Two

## CHOICE Three

<b>MON</b>	<b>Pork Sausages</b> Served with Mash and Gravy	<b>Vegetable Sausages</b> Served with Mash and Gravy 	<b>Pasta</b> Served with Tomato and Basil Sauce 
<b>TUE</b>	<b>Chilli and Cheese Nachos</b> Served with Salad and Wholegrain Rice 	<b>Sweet Chilli Stir Fry</b> With Vegetables and Wholegrain Rice  	<b>Jacket Potato</b> With Veggie Chilli and Cheese
<b>WED</b>	<b>Roast Beef</b> With Roast Potatoes and Seasonal Vegetables	<b>Roast Quorn</b> With Roast Potatoes and Seasonal Vegetables 	<b>Cheese and Tuna Panini Melt</b>
<b>THUR</b>	<b>Chicken Yakisoba</b> Soya Beans, Peppers, Sweet Chilli Sauce and Noodles	<b>Rajasthan Red Lentil Curry</b> With Wholegrain Rice 	<b>Jacket Potato</b> With Pulled Pork
<b>FRI</b>	<b>Battered Fish</b> With Chips, Peas and Baked Beans	<b>Quorn Sausage Roll</b> With Chips, Peas and Baked Beans 	<b>Southern Fried Chicken</b> With Chips, Peas and Baked Beans



# WEEK 3 MENU

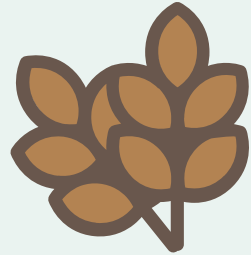


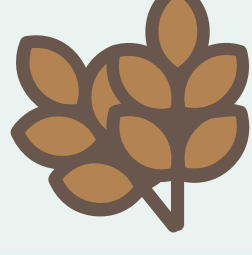







W/C: 18/11, 09/12, 20/01  
10/02, 03/03, 24/03

FOOD UNION

## CHOICE One

## CHOICE Two

## CHOICE Three

<b>MON</b>	<b>Buffalo Chicken</b> With Wholegrain Rice, Salad and Ranch Dressing 	<b>Veggie and Bean Burrito</b>  With Salad and Slaw  	<b>Jacket Potatoes</b> With Chilli and Cheese
<b>TUE</b>	<b>Chicken and Broccoli Pie</b> With Vegetables and Wedges 	<b>Cheese and Bean Toastie</b>  Served with Wedges	<b>Tomato and Herby Pasta</b> Served with Grated Cheese 
<b>WED</b>	<b>Roast Gammon</b> Roast Potatoes and Seasonal Vegetables	<b>Sticky BBQ Quorn Pitta</b>  With Seasoned Wedges 	<b>Roast Gammon Baguette</b>
<b>THUR</b>	<b>Butter Chicken</b> With Wholegrain Rice	<b>Vegetable Tikka Masala</b>  With Wholegrain Rice	<b>Jacket Potatoes</b> With Veggie Chilli and Cheese
<b>FRI</b>	<b>Battered Fish</b> With Chips, Peas and Baked Beans	 <b>Veggie Chilli Loaded Fries</b>	<b>South Fried Chicken</b> With Chips, Peas and Baked Beans