

THIS WEEK'S *Eats.*

Week One

FOOD UNION
BY CHARTWELLS

OPTION *One*

EVERYDAY *faves!*

| | | Jackets | Pizza & Pasta | Hot Snacks & Paninis | Subs | Salad | Sandwiches |
|-------------|--|---------------------------------------|--|--|---|---|--|
| MON | Beef Burger or the Incredible Vegan Burger with Tasty Wedges and Sweetcorn | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini Steak Pasty Cheese & Onion Pasty Vegan Sausage Roll | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |
| TUE | Sweet & Sour Chicken with Rice or Vege Chow with Peas | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |
| WED | Roast Turkey or Quorn Roast with Roast Potatoes, Peas, Sweetcorn and Gravy | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |
| THUR | Chicken Korma and Rice or Vege Biryani with Sweetcorn | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |
| FRI | Battered Fish or Breaded Chicken Strips or Vegan Sausage Roll with Chips, Peas and Baked Beans | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |

THIS WEEK'S *All Day Eats.*

FOOD UNION
BY CHARTWELLS

| | Classics | Hot Snacks | Desserts | Fruit & Yoghurt | |
|------|---|--|--|----------------------|--|
| MON | Bacon and Egg Bap Quorn Sausage Pattie & Egg Bap Waffle | Toast with Jam or Spread Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Ham & Cheese Toastie | Fruity Flapjack | Banana Mandarin Muller Yoghurt Pot |
| TUE | Beans on Toast Cheese on Toast Waffle | Toasted Crumpet with Spread or Jam Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Tuna Melt Toastie | Fruity Picnic Bar | Banana Mandarin Muller Yoghurt Pot |
| WED | Breakfast Pot Vege Breakfast Pot Waffle | Toast with Jam or Spread Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Cheese & Bean Toastie | Sticky Date Flapjack | Banana Mandarin Muller Yoghurt Pot |
| THUR | Vege Breakfast Wrap Pancake with Berries Waffle | Toasted Crumpet with Spread or Jam Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Ham & Cheese Toastie | Fruity Apricot Bar | Banana Mandarin Muller Yoghurt Pot |
| FRI | Breakfast Wrap Fruity Porridge Waffle | Toast with Jam or Spread Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Cheese & Bean Toastie | Flapjack | Banana Mandarin Muller Yoghurt Pot |

THIS WEEK'S *Eats.*

Week Two

FOOD UNION
BY CHARTWELLS

OPTION *One*

EVERYDAY *faves!*

| | | Jackets | Pizza & Pasta | Hot Snacks & Paninis | Subs | Salad | Sandwiches |
|-------------|---|---------------------------------------|--|--|---|---|--|
| MON | Mac N Cheese topped with BBQ Chicken or Crispy Cauliflower with Sweetcorn | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |
| TUE | Traditional Lasagne with Garlic and Herb Wedges or Vege Ball Marinara Sub Roll with Rice Served with Peas | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini Steak Pasty Cheese & Onion Pasty Vegan Sausage Roll | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |
| WED | Roast Pork with Stuffing and Apple Sauce or Quorn Roast with Roast Potatoes, Peas, Sweetcorn and Gravy | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |
| THUR | Chicken Burger or The Incredible Vegan Burger with Peruvian Sauces with Fajita Wedges and Sweetcorn | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |
| FRI | Battered Fish or Breaded Chicken Strips or Vegan Sausage Roll with Chips, Peas and Baked Beans | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |

THIS WEEK'S *All Day Eats.*

FOOD UNION
BY CHARTWELLS

| | Classics | Hot Snacks | Desserts | Fruit & Yoghurt | |
|------|---|--|--|----------------------|--|
| MON | Bacon and Egg Bap Quorn Sausage Pattie & Egg Bap Waffle | Toast with Jam or Spread Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Ham & Cheese Toastie | Fruity Flapjack | Banana Mandarin Muller Yoghurt Pot |
| TUE | Beans on Toast Cheese on Toast Waffle | Toasted Crumpet with Spread or Jam Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Tuna Melt Toastie | Fruity Picnic Bar | Banana Mandarin Muller Yoghurt Pot |
| WED | Breakfast Pot Vege Breakfast Pot Waffle | Toast with Jam or Spread Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Cheese & Bean Toastie | Sticky Date Flapjack | Banana Mandarin Muller Yoghurt Pot |
| THUR | Vege Breakfast Wrap Pancake with Berries Waffle | Toasted Crumpet with Spread or Jam Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Ham & Cheese Toastie | Fruity Apricot Bar | Banana Mandarin Muller Yoghurt Pot |
| FRI | Breakfast Wrap Fruity Porridge Waffle | Toast with Jam or Spread Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Cheese & Bean Toastie | Flapjack | Banana Mandarin Muller Yoghurt Pot |

THIS WEEK'S *Eats.*

Week Three

FOOD UNION
BY CHARTWELLS

OPTION *One*

EVERYDAY *faves!*

| | | Jackets | Pizza & Pasta | Hot Snacks & Paninis | Subs | Salad | Sandwiches |
|-------------|--|---------------------------------------|--|--|---|---|--|
| MON | Beef Burrito or Quorn Burrito with Sweetcorn | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |
| TUE | Chicken Burger or The Incredible Vegan Burger with Peruvian Sauces with Fajita Wedges and Sweetcorn | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |
| WED | Roast Gammon with Stuffing and Apple Sauce or Quorn Roast with Roast Potatoes, Peas, Sweetcorn and Gravy | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini Steak Pasty Cheese & Onion Pasty Vegan Sausage Roll | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |
| THUR | Chicken Korma and Rice or Vege Biryani with Sweetcorn | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |
| FRI | Battered Fish or Breaded Chicken Strips or Vegan Sausage Roll with Chips, Peas and Baked Beans | With Cheese, Beans or Tuna Mayonnaise | Margherita Pizza Herby Tomato Pasta Beef Bolognese | Ham & Cheese Panini Cheese & Tomato Sauce Panini Tuna Melt Panini BBQ Chicken Panini | Vege Ball Marina Sub Chicken Teriyaki Sub Chicken Tikka Sub Ham & Chicken Melt Sub | Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad | Cheese Sandwich Ham Sandwich Chicken Mayo Sandwich BLT Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette |

THIS WEEK'S *All Day Eats.*

FOOD UNION
BY CHARTWELLS

| | Classics | Hot Snacks | Desserts | Fruit & Yoghurt | |
|------|---|--|--|----------------------|--|
| MON | Bacon and Egg Bap Quorn Sausage Pattie & Egg Bap Waffle | Toast with Jam or Spread Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Ham & Cheese Toastie | Fruity Flapjack | Banana Mandarin Muller Yoghurt Pot |
| TUE | Beans on Toast Cheese on Toast Waffle | Toasted Crumpet with Spread or Jam Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Tuna Melt Toastie | Fruity Picnic Bar | Banana Mandarin Muller Yoghurt Pot |
| WED | Breakfast Pot Vege Breakfast Pot Waffle | Toast with Jam or Spread Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Cheese & Bean Toastie | Sticky Date Flapjack | Banana Mandarin Muller Yoghurt Pot |
| THUR | Vege Breakfast Wrap Pancake with Berries Waffle | Toasted Crumpet with Spread or Jam Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Ham & Cheese Toastie | Fruity Apricot Bar | Banana Mandarin Muller Yoghurt Pot |
| FRI | Breakfast Wrap Fruity Porridge Waffle | Toast with Jam or Spread Corn Flakes Rice Crispies Weetabix | Margherita Pizza Slice Half Cheese & Bean Toastie | Flapjack | Banana Mandarin Muller Yoghurt Pot |