

THIS WEEK'S Eats.

1

AVAILABLE Daily

FOOD UNION
BY CHARTWELLS

	option one	option two	Jackets	Pasta	Vegetables	Salads	Desserts
MON	Macaroni Cheese (V) Cheesy Macaroni Pasta	Chinese Veggie Noodles (V)	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Green Beans Sweetcorn	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Raspberry Ripple Ice-Cream
TUE	Allegra's Chicken Filo Pie with Mashed Potato Light filo pastry, hearty chicken centre	Allegra's BBQ Beans (V) Served with Cornbread	Baked beans (V) Cheese (V) Tuna Mayo Salmon Mayonnaise***	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Peas Broccoli	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Secret Brownie
WED	Roast Gammon with Roast Potatoes and Gravy Succulent roast gammon with fluffy roasties and tasty gravy	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V) A chunky sweet potato and chickpea roast	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Carrots Cabbage	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Banana Cake*
THUR	Beef Bolognese ** A classic Italian beef Bolognese in a yummy tomato sauce	Butternut Squash and Tomato Bake with Rice (V) ** A delicious butternut squash and tomato bake served with rice	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Broccoli Sweetcorn	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Berry and Peach Oatie Crumble With Custard
FRI	Fish Fillet and Chips	Quorn Dippers and Chips (V) Crispy Quorn nuggets with their fave sauce - ketchup	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Baked beans Peas	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Lemon Slice

Cool Water,
Fresh Fruit,
Freshly Baked
Bread
And
Yogurt available
daily

*Fruit Based
**Wholegrain
***Oily Fish
(V) Vegetarian

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MON	Cheese and Tomato Pizza** With Dough Balls (V) Cheese Tomato Topped Pizza Slice	Veggie Bolognese ** (V) Penne Pasta in a yummy vegetarian mince and tomato sauce	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Carrot Sticks Cucumber sticks	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Apple Berry Crumble* With Custard
TUE	Pork Sausage and Mash with Gravy Fluffy mash with traditional pork sausages and rich gravy	Allegra's Oodles of Noodles (V) Veggie Noodles	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Peas Broccoli	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Peach Shortbread Pudding* With Custard
WED	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken and fluffy roasties and tasty gravy	Creamy Vegetable Pie with Roast Potatoes and Gravy (V) Creamy vegetable pie with a cheesy shortcrust topper	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Carrots Cabbage	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Raspberry Yogurt Cake
THUR	Lasagne with a Garlic and Herb Bread Wedge A classic Italian layered pasta dish with beef mince	Milk Chickpea and Potato Curry (V) ** Served with Wholemeal Rice	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Green Beans Sweetcorn	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Fruity Chocolate Brownie
FRI	Fish Fillet and Chips Crispy Fish Fillet and scrummy chips	Tomato Veggie Burger with Chips (V) A delicious homemade veggie burger	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Baked Beans Peas	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Vanilla Ice-Cream

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	option one	option two	Jackets	Pasta	Vegetables	Salads	Desserts
MON	Macaroni Cheese (V) Cheesy Macaroni Pasta	Veggie Sausage and Mash with Gravy (V) Fluffy mash with Veggie Sausages and gravy	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Peas Carrots	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Oatie Biscuit * with Fruit Slices
TUE	Allegra's Garlicky Chicken and Spanish Spuds Garlic Seasoned Chicken served with Potatoes	Allegra's Cheesy Peasy Risotto Bake (V) A delicious cheesy risotto	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Sweetcorn Broccoli	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Apple and Carrot Yoghurt Muffin *
WED	Roast Pork with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy (V) A chunky butternut squash and potato slice	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Carrots Cabbage	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Strawberry Ice-Cream
THUR	Beef Meatballs in Tomato Sauce with Pasta ** Tasty beef meatballs in tomato sauce served with pasta	Veggie Lasagne with a bread wedge (V) ** Delicious sheets of pasta layered with veggies and tomato sauce	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Green Beans Sweetcorn	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Chocolate Sponge Cake
FRI	Fish Fillet and Chips Crispy Fish Fillet and scrummy chips	BBQ Veggie Burger (V)	Baked beans (V) Cheese (V) Tuna Mayo	Tomato Pasta (V) ** A delicious fresh, homemade tomato sauce with penne pasta	Baked Beans Peas	A selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad	Creamy Peach Rice Pudding

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