

# THIS WEEK'S Eats.

Week One

FOOD UNION  
BY CHARTWELLS

MAIN One MAIN Two

EVERYDAY faves!



**GRAB Deal!**

FOR JUST

	Jackets	Pizza & Pasta	Hot Snacks & Paninis	Subs	Salad	Sandwiches		
MON	Beef Burger or the Incredible Vegan Burger ✓ with Tasty Wedges and Coleslaw	Mexican Spiced Chicken Flatbread and Tomato Rice ♥ with Crunchy Raw Slaw	With cheese, beans or tuna mayonnaise	Margherita Pizza ✓ Herby Tomato Pasta ✓ Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
TUE	Sweet & Sour Chicken with Rice or Vege Chow Mein ✓ with Sweet Chilli Broccoli	Traditional Lasagne with Garlic Bread and Peas	With cheese, beans or tuna mayonnaise	Margherita Pizza ✓ Herby Tomato Pasta ✓ Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓ Steak Pasty Cheese & Onion Pasty ✓ Vegan Sausage Roll ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
WED	Roast Turkey ♥ or Vegetable Pastry Slice ✓ with Roast Potatoes, Carrots, Cabbage and Gravy	Beef Barbecoa Burrito with Sweetcorn	With cheese, beans or tuna mayonnaise	Margherita Pizza ✓ Herby Tomato Pasta ✓ Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
THU	Chicken Korma ♥ and Rice or Vege Biryani ✓ with Lime Spiced Sweetcorn	Swet Chilli Chicken Noodles with Stir Fried Veg	With cheese, beans or tuna mayonnaise	Margherita Pizza ✓ Herby Tomato Pasta ✓ Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓	Vege Ball Marinara Sub ✓ Chicken Teriyaki Sub Ham & Chicken Melt Sub	Chicken & Bacon Pasta Salad or Tuna Sweetcorn Pasta Salad	Cheese Sandwich ✓ Ham Sandwich Chicken & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
FRI	Battered Fish or Breaded Chicken Strips with Chips, Peas and Baked Beans or Dirty Fries with Coleslaw	BBQ Chicken Mac N Cheese ♥ with Lemon and Garlic Broccoli	With cheese, beans or tuna mayonnaise	Margherita Pizza ✓ Herby Tomato Pasta ✓ Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette

# THIS WEEK'S Eats.

Week Two

FOOD UNION  
BY CHARTWELLS

MAIN MAIN  
One Two

EVERYDAY faves!



**GRAB Deal!**

FOR JUST

	Jackets	Pizza & Pasta	Hot Snacks & Paninis	Subs	Salad	Sandwiches		
MON	Topped Mac N Cheese with Sweetcorn	Chipotle Chicken Taco with Mexican Rice & Sweetcorn	With cheese, beans or tuna mayonnaise	Margherita Pizza ✓ Herby Tomato Pasta ✓ Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
TUE	Traditional Lasagne with Garlic Bread or Vege Ball Marinara Sub Roll ✓ with Garlic and Herb Wedges and Coleslaw	Sweet Chilli Chicken Noodles with Stir Fried Veg	With cheese, beans or tuna mayonnaise	Margherita Pizza ✓ Herby Tomato Pasta ✓ Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓ Steak Pasty Cheese & Onion Pasty Vegan Sausage Roll	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
WED	Roast Pork with Stuffing & Apple Sauce or Quorn Roast ✓ with Roast Potatoes, Carrots, Cabbage and Gravy ✓	Beef Burger with Delicious Garlic and Herb Potato Wedges and Coleslaw	With cheese, beans or tuna mayonnaise	Margherita Pizza ✓ Herby Tomato Pasta ✓ Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
THU	Chicken Burger or Pitta with Portuguese Sauces or The Incredible Vegan Burger ✓ with Fajita Wedges & Corn Slaw	Chicken Tikka Masala with Cucumber Raita & Rice ✓	With cheese, beans or tuna mayonnaise	Margherita Pizza ✓ Herby Tomato Pasta ✓ Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo 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, Baked Beans and Peas	Chicken Burrito with Broccoli ✓	With cheese, beans or tuna mayonnaise	Margherita Pizza ✓ Herby Tomato Pasta ✓ Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette



# THIS WEEK'S Eats.

Week Three

FOOD UNION  
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MAIN MAIN  
One Two

EVERYDAY faves!



**GRAB Deal!**

FOR JUST

	Jackets	Pizza & Pasta	Hot Snacks & Paninis	Subs	Salad	Sandwiches		
MON	Beef Burrito or Quorn Burrito ✓ with Sweetcorn ❤️	Topped Mac N Cheese with Sweetcorn	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓ Steak Pasty Cheese & Onion Pasty ✓ Vegan Sausage Roll ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo 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	Chicken Chow Mein ❤️ with Stir Fried Veg	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo 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	New York Hot Dog with Paprika Wedges and Apple Slaw	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette
THU	Chicken Korma ❤️ with Rice or Vege Biryani ✓ with Sweetcorn	Traditional Lasagne with Garlic Bread and Lemon Garlic Broccoli	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓ Steak Pasty Cheese & Onion Pasty ✓ Vegan Sausage Roll ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo 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, Baked Beans and Peas	Chicken Club Quesadilla with Lime and Coriander Rice and Corn Slaw ❤️	With cheese, beans or tuna mayonnaise	Margherita Pizza Herby Tomato Pasta Beef Bolognese Carbonara Pasta	Ham & Cheese Panini Ham & Cheese Toastie BBQ Chicken Panini Cheese & Tomato Sauce Panini ✓ Tuna Melt Panini Chicken & Bacon Panini Cheese & Bean Toastie ✓	Vege Ball Marinara 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 & Bacon Sandwich BLT Sandwich Cheese Ploughman's Sandwich ✓ Egg Mayo Sandwich ✓ Chicken Mayo Sandwich Ham Salad Demi Baguette BLT Demi Baguette Chicken Mayo Demi Baguette