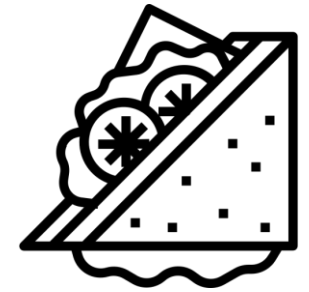


THIS WEEK'S Eats

Weeks One, Two & Three MMB



MON	Toast with butter 27p	Bacon Bap £1.10	Ham Panini £1.67 Cheese Panini £1.65	Crumpet with butter 40p Waffles 87p	Fresh Fruit 45p Fruit pots 60p	Yoghurt Pots 65p
TUE	Toast with butter 27p	Bacon Bap £1.10	Ham & cheese bagel £1.20 Cheese bagel £1.15	Croissants 85p Pancake with maple syrup 60p	Fresh Fruit 55p Fruit pots 60p	Yoghurt Pots 65p
WED	Toast with butter 27p	Bacon Bap £1.10	Ham Panini £1.67 Cheese Panini £1.65	Crumpet with butter 40p Waffles 87p	Fresh Fruit 55p Fruit pots 60p	Yoghurt Pots 65p
THUR	Toast with butter 27p	Bacon Bap £1.10	Ham & cheese bagel £1.20 Cheese bagel £1.15	Croissant 85p Pancake with maple syrup 60p	Fresh Fruit 55p Fruit pots 60p	Yoghurt Pots 65p
FRI	Toast with butter 27p	Bacon Bap £1.10	Ham Panini £1.67 Cheese Panini £1.65	Crumpet with butter 40p Waffles 87p	Fresh Fruit 55p Fruit pots 60p	Yoghurt Pots 65p

FOOD UNION

BY CHARTWELLS

THIS WEEK'S Eats

Lunch Week One



	option one £1.75	Jackets from 99p	Pizza from £1.05 & Pasta from £1.05	Hot Snacks from £1.65	Subs from £1.50	Salad £1.65	Sarnies from £1.05
MON	American Beef Burger or the Incredible Vegan Burger with Tasty Wedges and Sweetcorn	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
TUE	Chinese Sweet & Sour Chicken with Rice or Vege Chow Mein with Peas	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
WED	British Roast Turkey or Quorn Roast with Roast Potatoes, Peas, Broccoli and Gravy	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
THUR	Indian Chicken Korma and Rice or Chick pea and tomato masala with Sweetcorn	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
FRI	British Battered Fish or Breaded Chicken Strips or Vegan Sausage Roll with Chips, Peas and Baked Beans	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!

FOOD UNION

BY CHARTWELLS

THIS WEEK'S Eats

Lunch Week



Two

option one

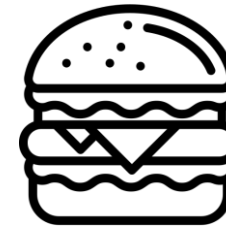
		Jackets	Pizza & Pasta	Hot Snacks	Subs	Salad	Sarnies
MON	American Mac N Cheese topped with BBQ Chicken or Plain Mac and cheese with Sweetcorn	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
TUE	Italian Traditional Lasagne with Garlic and Herb Wedges or Vegetable Lasagne Served with Peas	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
WED	British Roast Pork with Stuffing and Apple Sauce or Quorn Roast with Roast Potatoes, Peas, Cauliflower and Gravy	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
THUR	Mexican Chilli con carne or vegetable chilli with Rice & wedges	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
FRI	British Battered Fish or Breaded Chicken Strips or Vegan Sausage Roll with Chips, Peas and Baked Beans	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!

FOOD UNION

BY CHARTWELLS

THIS WEEK'S Eats

Week Three



option one

		Jackets	Pizza & Pasta	Hot Snacks	Subs	Salad	Sarnies
MON	Peruvian Chicken Burger or The Incredible Vegan Burger with Peruvian Sauces with Fajita Wedges and Sweetcorn	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
TUE	Mexican Beef Burrito or Quorn Burrito with Sweetcorn	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
WED	British Roast Gammon with Stuffing and Apple Sauce or Quorn Roast with Roast Potatoes, Peas, Sweetcorn and Gravy	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
THUR	Indian Chicken Tikka and Rice or Vege Biryani with Sweetcorn	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!
FRI	British Battered Fish or Breaded Chicken Strips or Vegan Sausage Roll with Chips, Peas and Baked Beans	With a whole load of hot and cold topping options	A range of pasta sauces and pizzas daily	Delicious, hot range of paninis, toasties and pasties for you to choose from	Our favourite sub bar with meat and vege fillings	Choose from a whole selection of amazingly fresh salad bases and customise as you wish!	Your favourite sarnie fillings everyday!

FOOD UNION

BY CHARTWELLS

THIS WEEK'S Eats

Everyday faves!

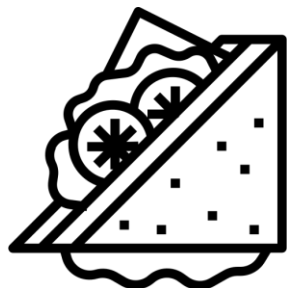


	Jackets	Pizza & Pasta	Hot Snacks	Subs	Salad	Sarnies
MON - FRI						Cheese Sandwich
						Ham Sandwich
		Beef Bolognese Pasta		Vege Ball Marinara Sub	Chicken and Bacon Pasta Salad	Chicken Mayo Sandwich
	Baked beans	Herby Tomato Pasta	Ham & Cheese Panini	Chicken Teriyaki Sub	Tuna and Sweetcorn Pasta Salad	Tuna Mayo Sandwich
	Cheese	Margherita Pizza	Cheese & Tomato Sauce Panini	Chicken Tikka Sub		Ham Salad Baguette
	Tuna Mayo	Mixed side salad	Tuna Melt Panini	Ham and Chicken Melt Sub	A Side salad	Tuna Baguette
Bolognese	Baked Garlic Bread	BBQ Chicken Panini			Chicken Mayo Baguette	

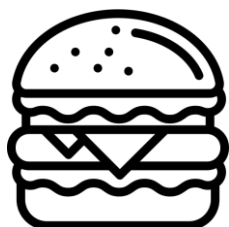
THIS WEEK'S Eats

Four Desserts As A Minimum		
Only during lunchtime hours		
Frozen Dessert	Made In House Dessert	Bought In Dessert
Vanilla Ice Cream 65p	Oat Cookie 65p	Banana Malt Loaf Bar 60p
Chocolate Ice Cream 65p	Chocolate Brownie 65p	Apple and Sultana Biscuit Bar 60p
Strawberry Ice Cream 65p	Fruit Flapjack 65p	Malt Loaf Bar 60p
Raspberry Ripple Ice Cream 65p	Jam Doughnut 65p	Banana 45p
Blueberry Frozen Yoghurt 65p	Assorted Muffin from 65p	Mandarin pot 60p
Mango Frozen Yoghurt 65p	Angel delight 65p	
Strawberry Frozen Yoghurt 65p	Jelly 65p	

Wythnosau Un, Dau a Thri MMB



LLUN	Tost gyda menyn 27c	Bap Bacwn £1.10	Panini Ham £1.67 Panini Caws £1.65	Crympet gyda menyn 40c Waffl 87c	Ffrwythau Ffres 45c Potiau Ffrwythau 60c	Potiau logwrt 65c
MAW	Tost gyda menyn 27c	Bap Bacwn £1.10	Bagel ham a chaws £1.20 Bagel caws £1.15	Croissant 85c Crempog gyda surop masarn 60c	Ffrwythau Ffres 55c Potiau Ffrwythau 60c	Potiau logwrt 65c
MER	Tost gyda menyn 27c	Bap Bacwn £1.10	Panini Ham £1.67 Panini Caws £1.65	Crympet gyda menyn 40c Waffl 87c	Ffrwythau Ffres 55c Potiau Ffrwythau 60c	Potiau logwrt 65c
IAU	Tost gyda menyn 27c	Bap Bacwn £1.10	Bagel ham a chaws £1.20 Bagel caws £1.15	Croissant 85c Crempog gyda surop masarn 60c	Ffrwythau Ffres 55c Potiau Ffrwythau 60c	Potiau logwrt 65c
GWE	Tost gyda menyn 27c	Bap Bacwn £1.10	Panini Ham £1.67 Panini Caws £1.65	Crympet gyda menyn 40c Waffl 87c	Ffrwythau Ffres 55c Potiau Ffrwythau 60c	Potiau logwrt 65c



FOOD UNION

BY CHARTWELLS

THIS WEEK'S Eats

Cinio Wythnos Un



opsiwn un
£1.75

Tatws Pob o 99c

Pitsa o £1.05 a
Pasta o £1.05

Byrbrydau poeth o
£1.65

Sybs o £1.50

Salad £1.65

Brechdanau o
£1.05

LLUN

Americanaidd
Byrgyr Cig Eidion neu Byrgyr Figan
gyda Thalpiaiu Tatws Blasus a Chorn Melys

Gyda dewis o
lenwadau poeth ac
oer

Amrywiaeth o
sawsiau pasta a
pitsas yn ddyddiol

Dewis poeth a
blasus o paninis,
brechdanau cras a
phastai

Ein hoff far syb
gyda llenwadau
cig a llysieuol

Dewisiwch o
amrywiaeth o
wahanol fathau o
salad – chi sydd â'r
dewis!

Eich hoff
lenwadau bob
dydd!

MAW

Tseineaidd
Cyw Iâr Chwerw-Felys gyda Reis neu
Chow Mein Llysieuol gyda Phys

Gyda dewis o
lenwadau poeth ac
oer

Amrywiaeth o
sawsiau pasta a
pitsas yn ddyddiol

Dewis poeth a
blasus o paninis,
brechdanau cras a
phastai

Ein hoff far syb
gyda llenwadau
cig a llysieuol

Dewisiwch o
amrywiaeth o
wahanol fathau o
salad – chi sydd â'r
dewis!

Eich hoff
lenwadau bob
dydd!

MER

Prydeinig
Twrci Rhost neu Quorn Rhost
gyda Thatws Rhost, Pys, Brocoli a Grefi

Gyda dewis o
lenwadau poeth ac
oer

Amrywiaeth o
sawsiau pasta a
pitsas yn ddyddiol

Dewis poeth a
blasus o paninis,
brechdanau cras a
phastai

Ein hoff far syb
gyda llenwadau
cig a llysieuol

Dewisiwch o
amrywiaeth o
wahanol fathau o
salad – chi sydd â'r
dewis!

Eich hoff
lenwadau bob
dydd!

IAU

Indiaidd
Korma Cyw Iâr a Reis neu Masala Gwygbys a
Thomato gyda Chorn Melys

Gyda dewis o
lenwadau poeth ac
oer

Amrywiaeth o
sawsiau pasta a
pitsas yn ddyddiol

Dewis poeth a
blasus o paninis,
brechdanau cras a
phastai

Ein hoff far syb
gyda llenwadau
cig a llysieuol

Dewisiwch o
amrywiaeth o
wahanol fathau o
salad – chi sydd â'r
dewis!

Eich hoff
lenwadau bob
dydd!

GWE

Prydeinig
Pysgodyn mewn Cytew neu Stribedi Cyw Iâr
mewn bara neu
Rôl Selsig Figan
gyda Sglodion, Pys a Ffa Pob

Gyda dewis o
lenwadau poeth ac
oer

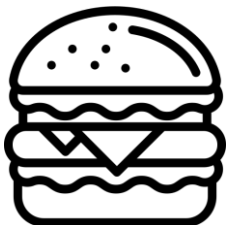
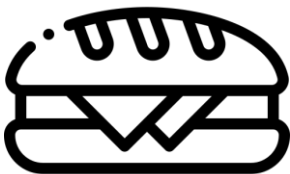
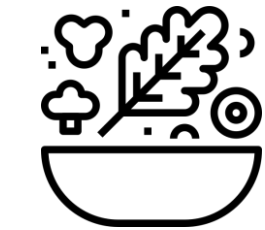
Amrywiaeth o
sawsiau pasta a
pitsas yn ddyddiol

Dewis poeth a
blasus o paninis,
brechdanau cras a
phastai

Ein hoff far syb
gyda llenwadau
cig a llysieuol

Dewisiwch o
amrywiaeth o
wahanol fathau o
salad – chi sydd â'r
dewis!

Eich hoff
lenwadau bob
dydd!



FOOD UNION

BY CHARTWELLS

THIS WEEK'S Eats

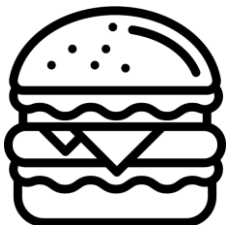
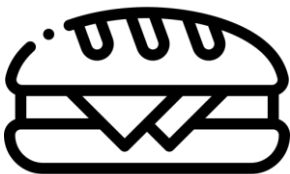
Cinio Wythnos



Dau

opsiwn un

		Tatws Pob	Pitsa a Pasta	Byrbrydau Poeth	Sybs	Salad	Brechdanau
LLUN	Americanaidd Mac a Chaws gyda Chyw Iâr Barbeciw neu Mac a Chaws Plaen gyda Chorn Melys	Gyda dewis o lenwadau poeth ac oer	Amrywiaeth o sawsiau pasta a pitsas yn ddyddiol	Dewis poeth a blasus o paninis, brechdanau cras a phastai	Ein hoff far syb gyda llenwadau cig a llysieuol	Dewisiwch o amrywiaeth o wahanol fathau o salad – chi sydd â'r dewis!	Eich hoff lenwadau bob dydd!
MAW	Eidalaidd Lasagne Traddodiadol gyda Thalpiâu Tatws Garleg a Pherlysiau neu Lasagne Llysiau wedi'i weini gyda Phys	Gyda dewis o lenwadau poeth ac oer	Amrywiaeth o sawsiau pasta a pitsas yn ddyddiol	Dewis poeth a blasus o paninis, brechdanau cras a phastai	Ein hoff far syb gyda llenwadau cig a llysieuol	Dewisiwch o amrywiaeth o wahanol fathau o salad – chi sydd â'r dewis!	Eich hoff lenwadau bob dydd!
MER	Prydeinig Porc Rhost gyda Stwffin a Saws Afal neu Quorn Rhost gyda Thatws Rhost, Pys, Blodfresych a Grefi	Gyda dewis o lenwadau poeth ac oer	Amrywiaeth o sawsiau pasta a pitsas yn ddyddiol	Dewis poeth a blasus o paninis, brechdanau cras a phastai	Ein hoff far syb gyda llenwadau cig a llysieuol	Dewisiwch o amrywiaeth o wahanol fathau o salad – chi sydd â'r dewis!	Eich hoff lenwadau bob dydd!
IAU	Mecsicanaidd Chilli con carne neu chilli llyisiau gyda Reis a Thalpiâu Tatws	Gyda dewis o lenwadau poeth ac oer	Amrywiaeth o sawsiau pasta a pitsas yn ddyddiol	Dewis poeth a blasus o paninis, brechdanau cras a phastai	Ein hoff far syb gyda llenwadau cig a llysieuol	Dewisiwch o amrywiaeth o wahanol fathau o salad – chi sydd â'r dewis!	Eich hoff lenwadau bob dydd!
GWE	Prydeinig Pysgodyn mewn Cytew neu Stribedi Cyw Iâr mewn bara neu Rôl Selsig Figan gyda Sglodion, Pys a Ffa Pob	Gyda dewis o lenwadau poeth ac oer	Amrywiaeth o sawsiau pasta a pitsas yn ddyddiol	Dewis poeth a blasus o paninis, brechdanau cras a phastai	Ein hoff far syb gyda llenwadau cig a llysieuol	Dewisiwch o amrywiaeth o wahanol fathau o salad – chi sydd â'r dewis!	Eich hoff lenwadau bob dydd!



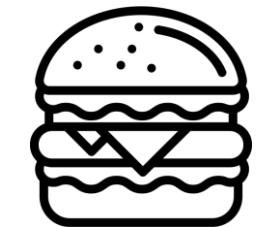
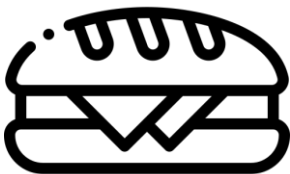
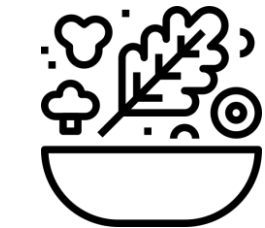
FOOD UNION

BY CHARTWELLS

THIS WEEK'S Eats

Wythnos Tri

opsiwn un



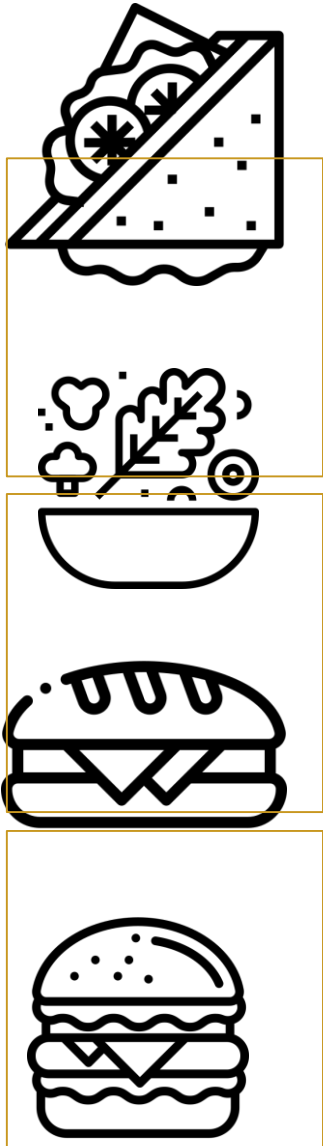
		Tatws Pob	Pitsa a Pasta	Byrbrydau Poeth	Sybs	Salad	Brechdanau
LLUN	Periwaidd Byrgyr Cyw Iâr neu Byrgyr Figan gyda Sawsiau Periwaidd gyda Thalpiau Tatws Fajita a Chorn Melys	Gyda dewis o lenwadau poeth ac oer	Amrywiaeth o sawsiau pasta a pitsas yn ddyddiol	Dewis poeth a blasus o paninis, brechdanau cras a phastai	Ein hoff far syb gyda llenwadau cig a llysieuol	Dewisiwch o amrywiaeth o wahanol fathau o salad – chi sydd â'r dewis!	Eich hoff lenwadau bob dydd!
MAW	Mecsicanaidd Burrito Cig Eidion neu Burrito Quorn gyda Chorn Melys	Gyda dewis o lenwadau poeth ac oer	Amrywiaeth o sawsiau pasta a pitsas yn ddyddiol	Dewis poeth a blasus o paninis, brechdanau cras a phastai	Ein hoff far syb gyda llenwadau cig a llysieuol	Dewisiwch o amrywiaeth o wahanol fathau o salad – chi sydd â'r dewis!	Eich hoff lenwadau bob dydd!
MER	Prydeinig Gamwn Rhost gyda Stffin a Saws Afal neu Quorn Rhost gyda Thatws Rhost, Pys, Corn Melys a Grefi	Gyda dewis o lenwadau poeth ac oer	Amrywiaeth o sawsiau pasta a pitsas yn ddyddiol	Dewis poeth a blasus o paninis, brechdanau cras a phastai	Ein hoff far syb gyda llenwadau cig a llysieuol	Dewisiwch o amrywiaeth o wahanol fathau o salad – chi sydd â'r dewis!	Eich hoff lenwadau bob dydd!
IAU	Indiaidd Tikka Cyw Iâr a Reis neu Biryani Llysieuol gyda Chorn Melys	Gyda dewis o lenwadau poeth ac oer	Amrywiaeth o sawsiau pasta a pitsas yn ddyddiol	Dewis poeth a blasus o paninis, brechdanau cras a phastai	Ein hoff far syb gyda llenwadau cig a llysieuol	Dewisiwch o amrywiaeth o wahanol fathau o salad – chi sydd â'r dewis!	Eich hoff lenwadau bob dydd!
GWE	Prydeinig Pysgodyn mewn Cytew neu Stribedi Cyw Iâr mewn bara neu Rôl Selsig Figan gyda Sglodion, Pys a Ffa Pob	Gyda dewis o lenwadau poeth ac oer	Amrywiaeth o sawsiau pasta a pitsas yn ddyddiol	Dewis poeth a blasus o paninis, brechdanau cras a phastai	Ein hoff far syb gyda llenwadau cig a llysieuol	Dewisiwch o amrywiaeth o wahanol fathau o salad – chi sydd â'r dewis!	Eich hoff lenwadau bob dydd!

FOOD UNION

BY CHARTWELLS

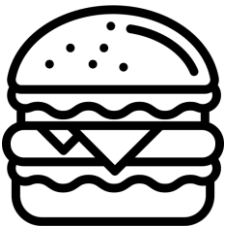
THIS WEEK'S Eats

Ffrynnau bob dydd!



	Tatws Pob	Pitsa a Pasta	Byrbrydau Poeth	Sybs	Salad	Brechdanau
						Brechdan Gaws
						Brechdan Ham
						Brechdan Cyw Iâr mewn Mayonnaise
LLUN - GWE	Ffa Pob	Pasta Bolognese Cig Eidion	Panini Ham a Chaws	Syb Marinara Llysieuol	Salad Pasta Cyw Iâr a Bacwn	Brechdan Tiwna mewn Mayonnaise
	Caws	Pasta gyda Tomato a Pherlysiâu	Panini Caws a Tomato	Syb Teriyaki Cyw Iâr	Salad Pasta Tiwna a Chorn Melys	Baguette Ham a Salad
	Tiwna mewn Mayonnaise	Pitsa Margherita	Panini Tiwna wedi'i grasu	Syb Tikka Cyw Iâr	Salad ar yr ochr	Baguette Tiwna
	Bolognese	Salad cymysg	Panini Cyw Iâr Barbeciw	Syb Ham a Chyw Iâr wedi'i grasu		Baguette Cyw Iâr mewn Mayonnaise
		Bara Garlleg wedi'i bobi				

THIS WEEK'S Eats



Isafswm o bedwar pwdin		
Yn ystod amser cinio yn unig		
Pwdin wedi'i rewi	Pwdin Cartref	Pwdin wedi'i brynu
Hufen lâ Fanila 65c	Cwci Ceirch 65c	Bar Torth Frag Banana 60c
Hufen lâ Siocled 65c	Browni Siocled 65c	Bar Bisged Afal a Syltana 60c
Hufen lâ Mefus 65c	Fflapjac Ffrwythau 65c	Bar Torth Frag 60c
Hufen lâ Mafon 65c	Toesen Jam 65c	Banana 45c
logwrt Llus wedi'i Rewi 65c	Myffins amrywiol o 65c	Pot Mandarin 60c
logwrt Mango wedi'i Rewi 65c	Angel delight 65c	
logwrt Mefus wedi'i Rewi 65c	Jeli 65c	