





WEEK 2

LUNCH MENU

REPRESENT



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MAIN MEAL	Mexican Style Chargrilled Chicken Rice Bowl OR Jamaican Jerk Quorn Fillet Rice Bowl	Homestyle Savoury Beef Pie with Buttered Chive New Potatoes & Minted Peas OR Vegetable Samosa Pie with Buttered Chive New Potatoes & Minted Peas	Mediterranean Tuna Pasta Bake with Homemade Garlic Pesto fingers	Hot Roast Meat Carvery Sandwich of the Day, served with Garlic & Herb Roasted Potatoes OR Meatball Marinara Sub with Garlic & Herb Roast Potatoes	RJF Fish Finger Boxed Meal (with Waffle Fries, Salad & Slaw & Ketchup)
 GRAB & GO (Street Style foods from around the world, that are easy to eat on the go)	Giant 'New York Style' Premium Pork Hotdogs with Assorted Salad & Slaw	Halloumi & Quorn Gyros with Garlic Mayo, Fries, Greek Salad in a soft folded flatbread	Louisiana Chicken Burger topped Nacho & Cheese Crumb with Assorted Salad & Slaw	'Skin On' Oven Baked Fries topped with Beef Bolognese & Mozzarella Cheese OR 'Skin On' Oven Baked Fries with Grated Cheddar, Crispy Onions, Sliced Red Chilli & Spring Onions	RSFC Boxed Meal (Southern Fried Chicken Tenders, Waffle Fries, Corn on the Cob)
 EXPRESS ONE POT (Pasta, Nachos, Rice, Noodles, Giant Wedges)	Stir Fry Sweet Chilli Chicken & Veg Noodles OR Korean BBQ Quorn & Vegetable Noodles	Giant Oven Roasted Wedges with the following toppings: Mango Chilli Chicken, Jerk Pork & Beans, 3 Cheese & Garlic Mushroom Or Simply Grated Cheddar & Garlic Mayo	Tandoori Chicken Curry & Rice OR West Indian Aubergine & Dhal Curry & Rice	Nachos served with a Hot Chicken Cesezar Topping & Grated Cheddar OR Smokey Vegeable Chilli with Grated Cheddar (Help yourself to Salsa & Soured Cream)	Pasta Served with Firecracker Chicken OR Basilico Tomato Sauce (Both available with Grated Cheddar)
 DELI BAR OPTION (Oven Baked Jacket Potato or Hot plain Pasta with assorted toppings & Salads, Slaws or Assorted Chilled Pasta Pots)	Jacket Potato with Assorted Salad, Coleslaw and topped with either Baked Beans, Cheese, Tuna Mayo plus special topping: Pollo Kiev (plus Guest filling of the day)	Jacket Potato with Assorted Salad, Coleslaw and topped with either Baked Beans, Cheese, Tuna Mayo plus special topping: Caprese Tomato, Mozzarella & Basil (plus Guest filling of the day)	Jacket Potato with Assorted Salad, Coleslaw and topped with either Baked Beans, Cheese, Tuna Mayo plus special topping: Chipotle Chicken & Sweetcorn (plus Guest filling of the day)	Jacket Potato with Assorted Salad, Coleslaw and topped with either Baked Beans, Cheese, Tuna Mayo plus special topping: Bacon, Spring Onion & Cheese Savoury (plus Guest filling of the day)	Jacket Potato with Assorted Salad, Coleslaw and topped with either Baked Beans, Cheese, Tuna Mayo plus special topping: Veggie Chilli & Grated Cheddar (plus Guest filling of the day)

EVERY DAY THERE WILL BE ONE OF THE FOLLOWING 'SLAWS' AVAILABLE & STUDENTS CAN HAVE AS MUCH AS THEY LIKE WITH A MEAL
 Creamy Coleslaw, Pink Pickled Slaw, Sriracha Slaw, Cheesy Slaw, Mild Curry Slaw, Greek Slaw, Thai Mango , Mexican Street Corn Slaw

EVERY DAY THERE WILL BE ONE OF THE FOLLOWING 'SALADS' AVAILABLE & STUDENTS CAN HAVE AS MUCH AS THEY LIKE WITH A MEAL
 Mixed Assorted Salad, Mexican Rice Salad, Potato Salad, Pasta Salad, Thai Noodle Salad

