

# THIS WEEK'S *Eats.*

FOOD UNION

## MMB – BREAKFAST

BACON BAGUETTE

QUORN PATTIE, CHEESE AND EGG ENGLISH MUFFIN 

**MUST BE AVAILABLE EVERY DAY**



Bacon and Egg English Muffin


Bacon Bap

Bacon and Egg Bap



Vegetarian Sausage Bap 

Ham and Cheese Bagel

Banana and Honey Bagel 

BBQ Chicken Bagel

Turkey, Cheese and Apple Bagel




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## MMB - BREAKFAST – TOAST STATION TOAST MUST BE AVAILABLE EVERY DAY

Toasted Crumpet 

Toasted Bagel 

Toasted Teacake 

Toasted Cinnamon and Raisin  
Bagel 

Toasted Multi Grain Bagel  



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## MMB - BREAKFAST – MUESLI AND PORRIDGE

Strawberry Muesli 

Chocolate and Orange Muesli 

Chocolate Muesli 

Porridge 

Sultana Topped Porridge 

Banana Topped Porridge 

Apricot Topped Porridge 



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## MMB – PIZZAS

MARGHERITA PIZZA MUST BE AVAILABLE EVERY DAY 

Vegan Margherita Pizza 

Cajun Chicken Sizzler Pizza

Hawaiian Pizza

The Veggie Hot One Pizza 



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## MMB – SANDWICHES

CHEESE AND HAM SANDWICH MUST BE AVAILABLE EVERY DAY

ALL SANDWICHES AVAILABLE ON WHITE OR BROWN BREAD 🌾

Cheese and Tomato  
Sandwich 🍃

Chicken Mayo Sandwich

Cheese Ploughman's  
Sandwich 🍃

Egg Mayo Sandwich 🍃

Cheese and Ham Sandwich

Vegan Cheese Sandwich 🍃

Cheese Salad Sandwich 🍃

Cheese and Pickle  
Sandwich 🍃

Tuna and Sweetcorn  
Sandwich

Tuna Mayo Sandwich

Ham Salad Sandwich



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## MMB – SALADS



Chicken and Bacon Pasta Salad

Tuna and Sweetcorn Pasta Salad

Cheese Shaker Salad 



Jerk Chicken and Noodle Shaker Salad

Roasted Butternut Squash, Chickpea  
and Broccoli Bowl  



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## MMB – PANINIS AND TOASTIES


CHEESE PANINI 


CHEESE AND TOMATO SAUCE PANINI 

**MUST BE AVAILABLE EVERY DAY**



Tuna Melt Panini

Cheese and Bean Toastie 

Vegan Cheese and Tomato Sauce  
Panini 



Vegan Cheese and Bean  
Toastie 

Ham and Cheese Toastie



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## MMB – BAGUETTES AND WRAPS

TUNA CRUNCH WRAP 🌿

CHICKEN MAYO BAGUETTE

CHEESE AND PICKLE BAGUETTE 🍃

**MUST BE AVAILABLE EVERY DAY**

ALL BAGUETTES AVAILABLE ON WHITE OR BROWN 🌿

Cheese Salad Wrap 🌿 🍃

Pepper and Houmous  
Wrap 🌿 🍃

Tuna Crunch Wrap 🌿

Chicken Salad Wrap 🌿

Tuna and Cucumber Baguette

Cheese Baguette 🍃

Chicken Mayo Baguette

Tuna Mayo Baguette

Cheese and Pickle  
Baguette 🍃

Tuna and Sweetcorn  
Baguette

Vegan Cheese and Pickle  
Baguette 🍃

Chicken and Bacon Baguette

Ham Baguette

Cheese and Ham Baguette





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## MMB – HEALTHY SNACK

PINEAPPLE POT 🍷 🍃

FRUIT AND STRAWBERRY YOGHURT 🍷 🍃

**MUST BE AVAILABLE EVERY DAY**

Carrot Sticks with Houmous 🍷 🍃

Cucumber Sticks with Houmous 🍷 🍃

Cucumber, Carrot and Cherry  
Tomatoes with Houmous 🍷 🍃

Fruit and Cherry Yoghurt Pot 🍷 🍃

Fruit Salad Pots 🍷 🍃

