

# From The Union Kitchen

## **Breakfast**

Every morning both hot & continental breakfast is offered with fresh fruit, cereals & porridge served with full cream/skim/soy milk, wholemeal or white toast/bread accompaniments. Depending on the day, breakfasts can include pastries, omelettes, raisin toast, grilled bacon and eggs, sautéed mushrooms and grilled sausages.

## **Lunch**

The salad and sandwich bar are always open during lunch, stocked with fresh ingredients and an assortment of pitta wraps and bread. Depending on the day, lunch can include chicken burgers, Thai baked fish fillets, chicken curry, North African spiced lentil and vegetable pie, topped with potato and Mexican spiced bean nachos with sour cream, guacamole and salsa.

## **Dinner**

The salad bar is open at dinner and stocked with fresh ingredients. Dinner options include beef burgers, chargrilled tofu fried rice, Italian style Fungi & three cheese pizza, grilled lamb rissoles, potato and lentil dahl and Turkish kebabs with hummus, yoghurt and pita bread. Dessert options include apple pie with ice cream, salted caramel cheesecake, lemon delicious pudding and bread and butter pudding.

