

## WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p style="text-align: center;"><b>THAI</b></p> <p>Thai Yellow Curry with Vegetables and Lentils(v)</p> <p style="text-align: center;">Sticky Jasmine Rice</p> <p style="text-align: center;">Sweet Chilli Broccoli</p>	<p style="text-align: center;"><b>CHINESE</b></p> <p>BBQ Mandarin Pork</p> <p style="text-align: center;">Beggars Noodles</p> <p style="text-align: center;">Wok Tossed Oriental Vegetables</p>	<p style="text-align: center;"><b>INDIAN</b></p> <p>Chicken Tikka Masala</p> <p style="text-align: center;">Jeera Aloo (cumin flavoured potato)</p> <p style="text-align: center;">Chana Saag (Indian Spiced Spinach)</p>	<p style="text-align: center;"><b>MEXICAN</b></p> <p>Mexican Beef Chilli</p> <p style="text-align: center;">Wholegrain Rice*</p> <p style="text-align: center;">Charred Courgette Pico De Gallo</p>	<p style="text-align: center;"><b>BRITISH</b></p> <p>Home-made Battered Fish Fillet</p> <p style="text-align: center;">Paprika Dusted Chips (oil)</p> <p style="text-align: center;">Mushy Peas</p>
<b>HIGH STREET FAVES</b>	<p style="text-align: center;"><b>DEEP SOUTH DINER</b></p> <p>Spicy Quorn Dog</p>	<p style="text-align: center;"><b>WINGS &amp; THINGS</b></p> <p>Chicken Thigh Flatbread Wrap with Lemon &amp; Herb or Piri Piri</p>	<p style="text-align: center;"><b>DEEP SOUTH DINER</b></p> <p>Ultimate Beef Burger</p>	<p style="text-align: center;"><b>WINGS &amp; THINGS</b></p> <p>Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco</p>	<p style="text-align: center;"><b>DEEP SOUTH DINER</b></p> <p>Cajun Pulled Pork &amp; Bean Pitta</p>
	<p style="text-align: center;">Loaded Triple Mac 'N' Cheese (v)</p>	<p style="text-align: center;">Bbq Boston Beans in a Steamed Bun</p>	<p style="text-align: center;">Burrito Mexican Spicy Quorn</p>	<p style="text-align: center;">Grilled Piri Butternut &amp; Halloumi Skewers (v)</p>	<p style="text-align: center;">Spicy Veg &amp; Bean Quesadilla (v) 93086623</p>
	<p style="text-align: center;">Cajun Wedges (no oil)</p>	<p style="text-align: center;">Spicy Rice</p>	<p style="text-align: center;">Baked Garlic &amp; Herb Wedges (no oil)</p>	<p style="text-align: center;">Mashed Potato</p>	<p style="text-align: center;">Paprika Dusted Chips (oil)</p>
	<p style="text-align: center;">Caesar Salad</p>	<p style="text-align: center;">Chilli Sweetcorn</p>	<p style="text-align: center;">Green Salad</p>	<p style="text-align: center;">Sweet Chilli Beans</p>	<p style="text-align: center;">Apple Slaw</p>
<b>SPEEDY ITALIAN</b>	<p style="text-align: center;">Veggie Supreme Pizza (v)</p>	<p style="text-align: center;">Tuna &amp; Sweetcorn Pizza</p>	<p style="text-align: center;">Hawaiian Pizza</p>	<p style="text-align: center;">3 Cheese Sicilian Pizza (v)</p>	<p style="text-align: center;">BBQ Chicken Pizza</p>
	<p style="text-align: center;">Veg Bolognese Pasta (v)</p>	<p style="text-align: center;">Quorn &amp; Vegetable Lasagne (v)</p>	<p style="text-align: center;">Arrabiata Pasta (v)</p>	<p style="text-align: center;">Turkey Meatball Pasta Bake*</p>	<p style="text-align: center;">Herby Tomato Pasta (v)</p>
	<p style="text-align: center;">Margherita Pizza (v)</p>	<p style="text-align: center;">Margherita Pizza (v)</p>	<p style="text-align: center;">Margherita Pizza (v)</p>	<p style="text-align: center;">Margherita Pizza (v)</p>	<p style="text-align: center;">Margherita Pizza (v)</p>

## WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>INDIAN</b> Roast Cauli Chick Pea Korma</p> <p>Naan (no oil)</p> <p>Tarka Dhal</p>	<p><b>CARIBBEAN</b> Beef Pepperpot Stew</p> <p>Herb Dumpling</p> <p>Mixed Greens</p>	<p><b>BRITISH</b> Roast Pork &amp; Apple Sauce</p> <p>Roast Potatoes</p> <p>Peas &amp; Carrots</p>	<p><b>JAPANESE</b> Teriyaki Chicken Thigh</p> <p>Wholegrain Rice*</p> <p>Pickled Cucumber with Chilli</p>	<p><b>THAI</b> Fishcakes (oily fish)</p> <p>Baked Garlic &amp; Herb Wedges (no oil)</p> <p>Som Tam Green Mango Salad</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> BBQ Pulled Quorn Wrap (v)</p>	<p><b>WINGS &amp; THINGS</b> Chicken Thigh Ciabatta brushed with BBQ or Piri Piri</p>	<p><b>DEEP SOUTH DINER</b> Lettuce Beef Burger with Sweet Tomato Salsa</p>	<p><b>WINGS &amp; THINGS</b> Roast Chicken Wings brushed with Sticky Tabasco or Lemon &amp; Herb</p>	<p><b>DEEP SOUTH DINER</b> Texas BBQ Chicken</p>
	Veggie Quarter Pounder (v)	Veggie Chilli Tacos (v)	Sweet Potato & Black Bean Enchilada (v)	Tabasco Spiced Jambalaya (v)	Feta & Beetroot Burger (v)
	Paprika Wedges (no oil)	Spicy Rice	Chips (oil)	Baked Spicy Sweet Potato (no oil)	Baked Garlic & Herb Wedges (no oil)
	House Slaw	BBQ Beans	Sweet Chilli Slaw	Crunchy Salad	Corn on the Cob
<b>SPEEDY ITALIAN</b>	Veggie Hot One Pizza (v)	Chicken Supreme Pizza	Veggie Supreme Pizza (v)	Bacon Pizza	Sicilian Cheese & Tomato Pizza (V)
	Arrabiata Pasta (v)	Veggie Lasagne (v)	BBQ Chicken Pasta*	Beef Lasagne	Italian Chicken Pasta
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

### WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>CHINESE</b> Mushroom Foo Yung</p> <p>Singapore Rice Noodles</p> <p>Stir Fried Greens</p>	<p><b>CARIBBEAN</b> Chilli Barbecued Pork</p> <p>Wholegrain Rice*</p> <p>Caribbean Stewed Tomatoes &amp; Beans</p>	<p><b>MEXICAN</b> Beef Birria Taco</p> <p>Potato &amp; Onion Hash</p> <p>Sweetcorn</p>	<p><b>BRITISH</b> Creamy Chicken &amp; Mushroom Pot</p> <p>Mashed Potato</p> <p>Broccoli</p>	<p><b>JAPANESE</b> Tempura Battered Fish Fillet &amp; Katsu Sauce</p> <p>Chips (oil)</p> <p>Peas</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> Quorn Burger in a Bun with Tomato Relish</p>	<p><b>WINGS &amp; THINGS</b> Roast Chicken Wings brushed with Lemon &amp; Herb or Sticky Tabasco</p>	<p><b>DEEP SOUTH DINER</b> New York Hot Dog</p>	<p><b>WINGS &amp; THINGS</b> Chicken Thigh Wrap Piri Piri or BBQ</p>	<p><b>DEEP SOUTH DINER</b> Chilli Beef Nachos</p>
	Cauliflower & Creamed Corn Bake (v)	Halloumi & Mushroom Wrap (v)	Black Eyed Bean Veggie Burger (v)	Sweet Potato Gumbo (v)	Lentil, Pepper & Sweetcorn Sloppy Joe
	Baked Spicy Sweet Potato (no oil)	Tex Mex Rice	Paprika Wedges (no oil)	Garlic Bread* (oil)	Chips (oil)
	Red Slaw	Coriander & Chilli Corn on the Cob	House Slaw	Crushed Chilli Peas	BBQ Beans
<b>SPEEDY ITALIAN</b>	Veggie Hot One Pizza (v)	3 Cheese Sicilian Pizza (v)	Mushroom & Sweetcorn Pizza (v)	Sicilian Meat Feast Pizza	Cajun Chicken Sizzler Pizza
	Cheesy Penne Pasta (v)	Chicken & Tomato Pasta Bake*	Carbonara Pasta	Spinach & Soft Cheese Lasagne (v)	Pasta Neapolitan* (v)
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)