

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>CARIBBEAN Mild Caribbean chicken, coconut and pineapple curry</p> <p>Wholegrain Rice*</p> <p>Garlic and Lime Corn on the Cob</p>	<p>CHINESE Aromatic Soy Pork with Egg Noodles</p> <p>Wok Tossed Oriental Vegetables</p>	<p>MEXICAN Chicken and Bean Enchilada</p> <p>Sour Cream Mashed Potatoes</p> <p>Sweetcorn</p>	<p>INDIAN Beef Keema Balti Curry</p> <p>Cucumber Raita</p> <p>Naan Bread (no oil)</p>	<p>BRITISH Home-made Battered Fish Fillet</p> <p>Chips</p> <p>Peas</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER New Yorker Quorn Dog</p>	<p>WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco</p>	<p>DEEP SOUTH DINER Ultimate Beef Burger</p>	<p>WINGS & THINGS Chicken Thigh Flatbread Wrap with Lemon & Herb or Piri Piri</p>	<p>DEEP SOUTH DINER Cajun Pulled Pork & Bean Pitta</p>
	Halloumi & Roasted Vegetable Wrap	Veggie Quarter Pounder (v)	Lentil, Pepper & Sweetcorn Sloppy Joe	Quorn & Mushroom Burger (v)	Veg & Bean Quesadilla (v)
	Sweet herby crushed new potatoes	Cajun Wedges (no oil)	Paprika Wedges (no oil)	Red Onion and cheese loaded skins (no oil)	Chips
	Chop Chop Salad	BBQ Slaw	Beetroot, Carrot & Apple Salad	Caesar Salad	Pineapple Coleslaw
SPEEDY ITALIAN	Veggie Supreme Pizza (v)	Bacon Pizza	Hawaiian Pizza	3 Cheese Sicilian Pizza (v)	Veggie Hot One Pizza (v)
	Veg Bolognese Pasta (v)	Arrabiata Pasta (v)	Chicken And Tomato Pasta Bake	Chunky Veg Pasta	Herby Tomato Pasta (v)
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>BRITISH Cheese, Tomato and Potato Bake</p> <p>Broccoli</p>	<p>MEXICAN Baked Beef Chimichangas</p> <p>Wholegrain Rice*</p> <p>Streetcorn Salad</p>	<p>BRITISH Twice Cooked Pork Belly</p> <p>Roast Potatoes (oil)</p> <p>Braised Red Cabbage</p> <p>Carrots</p>	<p>JAPANESE Chicken Katsu Curry</p> <p>Rice Noodles</p> <p>Pickled Cucumber Salad</p>	<p>THAI Sweet Chili Salmon Wrap***</p> <p>(oily fish)</p> <p>Chips</p> <p>Peas</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER Sweetcorn Veggie Burger</p>	<p>WINGS & THINGS Chicken Mayo Burger</p>	<p>DEEP SOUTH DINER Deep South Burger</p>	<p>WINGS & THINGS Roast Chicken Wings brushed with Sticky Tabasco or Lemon & Herb</p>	<p>DEEP SOUTH DINER BBQ Pulled Pork Burger</p>
	Veggie Chilli Tacos (v)	BBQ Pulled Quorn Wrap (v)	Sweet Potato & Black Bean Enchilada (v)	BBQ Quorn and Vegetable Skewer	Quorn Sausage Pattie & Cheese Bun
	Crushed Sweet Potato	Paprika Wedges (no oil)	Baked Garlic & Herb Wedges (no oil)	Garlic Bread* (no oil)	Chips
	Red Slaw	BBQ Beans	American Style Slaw	Corn on the Cob	Apple Slaw
SPEEDY ITALIAN	Veggie Hot One Pizza (v)	Chicken Supreme Pizza	Veggie Supreme Pizza (v)	Bacon Pizza	Sicilian Cheese & Tomato Pizza (V)
	Arrabiata Pasta (v)	Herby Tomato Pasta (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
GLOBAL ADVENTURE	<p>INDIAN Chickpea and Tomato Masala</p> <p>Wholegrain Rice*</p> <p>Green Beans</p>	<p>CHINESE BBQ Mandarin Pork</p> <p>Beggars Noodles</p> <p>Stir Fried Vegetables</p>	<p>MEXICAN Beef Barbecoa</p> <p>Baked Garlic & Herb Potato Wedges (no oil)</p> <p>Broccoli</p> <p>Sweetcorn</p>	<p>THAI Thai Red Chicken Curry</p> <p>Lime and Coriander Rice</p> <p>Crunchy Vegetable Salad</p>	<p>BRITISH Home-made Battered Fish Fillet</p> <p>Chips</p> <p>Baked Beans</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER Chilli Beef Nachos</p>	<p>WINGS & THINGS Roast Chicken Wings brushed with Lemon & Herb or Sticky Tabasco</p>	<p>DEEP SOUTH DINER Quorn Cheese Burger</p>	<p>WINGS & THINGS Smoky BBQ Chicken and Boston Bean Wrap</p>	<p>DEEP SOUTH DINER New York Hot Dog</p>
	Black Eyed Bean Veggie Burger (v)	Loaded Triple Mac 'N' Cheese (v)	Cauliflower & Creamed Corn Bake (v)	Grilled Piri Butternut & Halloumi Skewers (v)	Black Eyed Bean and Vegetable Jambalaya
	Paprika Wedges (no oil)	Carnival rice	Baked Garlic & Herb Wedges (no oil)	Tomato and Herb Rice	Chips
	Corn Slaw	Southern Greens	BBQ Beans	Sweetcorn Fritter	House Slaw
SPEEDY ITALIAN	Veggie Hot One Pizza (v)	3 Cheese Sicilian Pizza (v)	Mushroom & Sweetcorn Pizza (v)	Sicilian Cheese & Tomato Pizza (V)	Cajun Chicken Sizzler Pizza
	Cheesy Penne Pasta (v)	Beef Lasagne	Carbonara Pasta	Herby Tomato Pasta (v)	Beef bolognaise
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)