

WEEK 1

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

WEEK 2

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

WEEK 3

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