

**WEEK 1**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>GLOBAL ADVENTURE</b>	<p><b>THAI</b> Thai Yellow Curry with Vegetables and Lentils(v)  Sticky Jasmine Rice  Sweet Chilli Broccoli</p>	<p><b>CHINESE</b> BBQ Mandarin Pork  Beggars Noodles  Wok Tossed Oriental Vegetables</p>	<p><b>INDIAN</b> Chicken Tikka Masala  Jeera Aloo (cumin flavoured potato)  Chana Saag (Indian Spiced Spinach)</p>	<p><b>MEXICAN</b> Mexican Beef Chilli  Wholegrain Rice*  Charred Courgette Pico De Gallo</p>	<p><b>BRITISH</b> Home-made Battered Fish Fillet  Paprika Dusted Chips (oil)  Mushy Peas</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> Spicy Quorn Dog</p>	<p><b>WINGS &amp; THINGS</b> Chicken Thigh Flatbread Wrap with Lemon &amp; Herb or Piri Piri</p>	<p><b>DEEP SOUTH DINER</b> Ultimate Beef Burger</p>	<p><b>WINGS &amp; THINGS</b> Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco</p>	<p><b>DEEP SOUTH DINER</b> Cajun Pulled Pork &amp; 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 &amp; Halloumi Skewers (v)</p>	<p>Spicy Veg &amp; Bean Quesadilla (v)</p>
	<p>Cajun Wedges (no oil)</p>	<p>Spicy Rice</p>	<p>Baked Garlic &amp; 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>
<b>SPEEDY ITALIAN</b>	<p>Veggie Supreme Pizza (v)</p>	<p>Tuna &amp; 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 &amp; 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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>GLOBAL ADVENTURE</b>	<p><b>INDIAN</b></p> <p>Roast Cauli Chick Pea Korma</p> <p>Naan (no oil)</p> <p>Tarka Dhal</p>	<p><b>CARIBBEAN</b></p> <p>Beef Pepperpot Stew</p> <p>Herb Dumpling</p> <p>Mixed Greens</p>	<p><b>BRITISH</b></p> <p>Roast Pork &amp; Apple Sauce</p> <p>Roast Potatoes</p> <p>Peas &amp; Carrots</p>	<p><b>JAPANESE</b></p> <p>Teriyaki Chicken Thigh</p> <p>Wholegrain Rice*</p> <p>Pickled Cucumber with Chilli</p>	<p><b>THAI</b></p> <p>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></p> <p>BBQ Pulled Quorn Wrap (v)</p>	<p><b>WINGS &amp; THINGS</b></p> <p>Chicken Thigh Ciabatta brushed with BBQ or Piri Piri</p>	<p><b>DEEP SOUTH DINER</b></p> <p>Lettuce Beef Burger with Sweet Tomato</p>	<p><b>WINGS &amp; THINGS</b></p> <p>Roast Chicken Wings brushed with Sticky Tabasco or Lemon &amp; Herb</p>	<p><b>DEEP SOUTH DINER</b></p> <p>Texas BBQ Chicken</p>
	<p>Veggie Quarter Pounder (v)</p>	<p>Veggie Chilli Tacos (v)</p>	<p>Sweet Potato &amp; Black Bean Enchilada (v)</p>	<p>Tabasco Spiced Jambalaya (v)</p>	<p>Feta &amp; 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 &amp; 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>
<b>SPEEDY ITALIAN</b>	<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 &amp; 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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>GLOBAL ADVENTURE</b>	<p><b>CHINESE</b></p> <p>Mushroom Foo Yung</p> <p>Singapore Rice Noodles</p> <p>Stir Fried Greens</p>	<p><b>CARIBBEAN</b></p> <p>Chilli Barbecued Pork</p> <p>Wholegrain Rice*</p> <p>Caribbean Stewed Tomatoes &amp; Beans</p>	<p><b>MEXICAN</b></p> <p>Beef Birria Taco</p> <p>Potato &amp; Onion Hash</p> <p>Sweetcorn</p>	<p><b>BRITISH</b></p> <p>Creamy Chicken &amp; Mushroom Pot</p> <p>Mashed Potato</p> <p>Broccoli</p>	<p><b>JAPANESE</b></p> <p>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></p> <p>Quorn Burger in a Bun with Tomato Relish</p>	<p><b>WINGS &amp; THINGS</b></p> <p>Roast Chicken Wings brushed with Lemon &amp; Herb or Sticky Tabasco</p>	<p><b>DEEP SOUTH DINER</b></p> <p>New York Hot Dog</p>	<p><b>WINGS &amp; THINGS</b></p> <p>Chicken Thigh Wrap Piri Piri or BBQ</p>	<p><b>DEEP SOUTH DINER</b></p> <p>Chilli Beef Nachos</p>
	<p>Cauliflower &amp; Creamed Corn Bake (v)</p>	<p><b>Halloumi &amp; Mushroom Wrap (v)</b></p>	<p>Black Eyed Bean Veggie Burger (v)</p>	<p>Sweet Potato Gumbo (v)</p>	<p>Lentil, Pepper &amp; 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 &amp; Chilli Corn on the Cob</p>	<p>House Slaw</p>	<p>Crushed Chilli Peas</p>	<p>BBQ Beans</p>
<b>SPEEDY ITALIAN</b>	<p>Veggie Hot One Pizza (v)</p>	<p>3 Cheese Sicilian Pizza (v)</p>	<p>Mushroom &amp; Sweetcorn Pizza (v)</p>	<p>Sicilian Meat Feast Pizza</p>	<p>Cajun Chicken Sizzler Pizza</p>
	<p>Cheesy Penne Pasta (v)</p>	<p>Chicken &amp; Tomato Pasta Bake*</p>	<p>Carbonara Pasta</p>	<p>Spinach &amp; 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>