

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	THAI Thai Yellow Curry with Vegetables and Lentils(v) Sticky Jasmine Rice Sweet Chilli Broccoli	CHINESE BBQ Mandarin Pork Beggars Noodles Wok Tossed Oriental Vegetables	INDIAN Chicken Tikka Masala Jeera Aloo (cumin flavoured potato) Chana Saag (Indian Spiced Spinach)	MEXICAN Mexican Beef Chilli Wholegrain Rice* Charred Courgette Pico De Gallo	BRITISH Home-made Battered Fish Fillet Paprika Dusted Chips (oil) Mushy Peas
HIGH STREET FAVES	DEEP SOUTH DINER Spicy Quorn Dog	WINGS & THINGS Chicken Thigh Flatbread Wrap with Lemon & Herb or Piri Piri	DEEP SOUTH DINER Ultimate Beef Burger	WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco	DEEP SOUTH DINER Cajun Pulled Pork & Bean Pitta
	Loaded Triple Mac 'N' Cheese (v)	Bbq Boston Beans in a Steamed Bun	Burrito Mexican Spicy Quorn	Grilled Piri Butternut & Halloumi Skewers (v)	Spicy Veg & Bean Quesadilla (v)
	Cajun Wedges (no oil)	Spicy Rice	Baked Garlic & Herb Wedges (no oil)	Mashed Potato	Paprika Dusted Chips (oil)
	Caesar Salad	Chilli Sweetcorn	Green Salad	Sweet Chilli Beans	Apple Slaw
SPEEDY ITALIAN	Veggie Supreme Pizza (v)	Tuna & Sweetcorn Pizza	Hawaiian Pizza	3 Cheese Sicilian Pizza (v)	BBQ Chicken Pizza
	Veg Bolognese Pasta (v)	Quorn & Vegetable Lasagne (v)	Arrabiata Pasta (v)	Turkey Meatball Pasta Bake*	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	INDIAN Roast Cauli Chick Pea Korma Naan (no oil) Tarka Dhal	CARIBBEAN Beef Pepperpot Stew Herb Dumpling Mixed Greens	BRITISH Roast Pork & Apple Sauce Roast Potatoes Peas & Carrots	JAPANESE Teriyaki Chicken Thigh Wholegrain Rice* Pickled Cucumber with Chilli	THAI Fishcakes (oily fish) Baked Garlic & Herb Wedges (no oil) Som Tam Green Mango Salad
	DEEP SOUTH DINER BBQ Pulled Quorn Wrap (v)	WINGS & THINGS Chicken Thigh Ciabatta brushed with BBQ or Piri Piri	DEEP SOUTH DINER Lettuce Beef Burger with Sweet Tomato Salsa	WINGS & THINGS Roast Chicken Wings brushed with Sticky Tabasco or Lemon & Herb	DEEP SOUTH DINER Texas BBQ Chicken
	Veggie Quarter Pounder (v)	Veggie Chilli Tacos (v)	Sweet Potato & Black Bean Enchilada (v)	Tabasco Spiced Jambalaya (v)	Feta & Beetroot Burger (v)
HIGH STREET FAVES	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
	Veggie Hot One Pizza (v)	Chicken Supreme Pizza	Veggie Supreme Pizza (v)	Bacon Pizza	Sicilian Cheese & Tomato Pizza (V)
SPEEDY ITALIAN	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
GLOBAL ADVENTURE	CHINESE Mushroom Foo Yung Singapore Rice Noodles Stir Fried Greens	CARIBBEAN Chilli Barbecued Pork Wholegrain Rice* Caribbean Stewed Tomatoes & Beans	MEXICAN Beef Birria Taco Potato & Onion Hash Sweetcorn	BRITISH Creamy Chicken & Mushroom Pot Mashed Potato Broccoli	JAPANESE Tempura Battered Fish Fillet & Katsu Sauce Chips (oil) Peas
HIGH STREET FAVES	DEEP SOUTH DINER Quorn Burger in a Bun with Tomato Relish	WINGS & THINGS Roast Chicken Wings brushed with Lemon & Herb or Sticky Tabasco	DEEP SOUTH DINER New York Hot Dog	WINGS & THINGS Chicken Thigh Wrap Piri Piri or BBQ	DEEP SOUTH DINER Chilli Beef Nachos
	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
SPEEDY ITALIAN	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)