

**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 Red Chicken Curry 93143035 Sticky Jasmine Rice 93130509</p> <p>Sweet Chilli Broccoli 93130610</p>	<p><b>INDIAN</b> Chicken Tikka Masala 93128001</p> <p>Jeera Aloo (cumin flavoured potato) 93128101</p> <p>Chana Saag (Indian Spiced Spinach) 93128105</p>	<p><b>Italian</b> Beef Lasagne 93046483</p> <p>Garlic Bread* (oil) 93142383</p> <p>Green Salad 93129329</p>	<p><b>MEXICAN</b> Mexican Beef Chilli 93129204</p> <p>Wholegrain Rice* 93109633</p> <p>Charred Courgette Pico De Gallo 93130870</p>	<p><b>BRITISH</b> Home-made Battered Fish Fillet 93105116</p> <p>Chips (oil) 93147136</p> <p>Mushy Peas 93042663</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> Spicy Quorn Dog 93109273</p>	<p><b>WINGS &amp; THINGS</b> Chicken Thigh Flatbread Wrap with Lemon &amp; Herb or Piri Piri 93143054</p>	<p><b>DEEP SOUTH DINER</b> Ultimate Beef Burger 93086625</p>	<p><b>WINGS &amp; THINGS</b> Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941</p>	<p><b>DEEP SOUTH DINER</b> Quorn Burger in a Bun with Tomato Relish 93037167</p>
	<p>Loaded Triple Mac 'N' Cheese (v) 93129233</p>	<p>Sweet Potato &amp; Butter-Bean Coconut Stew 93130826</p>	<p>Burrito Mexican Spicy Quorn 93106577</p>	<p>Grilled Piri Butternut &amp; Halloumi Skewers (v) 93132517</p>	<p>Spicy Veg &amp; Bean Quesadilla (v) 93086623</p>
	<p>Cajun Wedges (no oil) 93130978</p>	<p>Spicy Rice 93131378</p>	<p>Baked Garlic &amp; Herb Wedges (no oil) 93131371</p>	<p>Mashed Potato 93095567</p>	<p>Chips (oil) 93147136</p>
	<p>Caesar Salad 93129328</p>	<p>Chilli Sweetcorn 93143075</p>	<p>Green Salad 93129329</p>	<p>Sweet Chilli Beans 93129326</p>	<p>Apple Slaw 93129265</p>
<b>SPEEDY ITALIAN</b>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</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> Chicken Korma 93099723</p> <p>Naan (no oil) 93034973</p> <p>Tarka Dhal 93128103</p>	<p><b>CARIBBEAN</b> Beef Pepperpot Stew 93131718</p> <p>Herb Dumpling 93119376</p> <p>Mixed Greens 93130890</p>	<p><b>BRITISH</b> Roast Turkey 93108713</p> <p>Roast Potatoes 93035127</p> <p>Peas &amp; Carrots 93065563 &amp; 93065561</p>	<p><b>JAPANESE</b> Teriyaki Chicken Thigh 93128109</p> <p>Wholegrain Rice* 93109633</p> <p>Pickled Cucumber with Chilli 93128253</p>	<p><b>THAI</b> Fishcakes 93130497 (oily fish)</p> <p>Chips (oil) 93124814</p> <p>Som Tam Green Mango Salad 93130506</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> BBQ Pulled Quorn Wrap (v) 93131374</p>	<p><b>WINGS &amp; THINGS</b> Chicken Thigh Ciabatta brushed with BBQ or Piri Piri 93131217</p>	<p><b>DEEP SOUTH DINER</b> Lettuce Beef Burger with Sweet Tomato Salsa 93129222</p>	<p><b>WINGS &amp; THINGS</b> Roast Chicken Wings brushed with Sticky Tabasco or Lemon &amp; Herb 93131377</p>	<p><b>BRITISH</b> Home-made Battered Fish Fillet 93105116</p>
	<p>Veggie Quarter Pounder (v) 93129224</p>	<p>Veggie Chilli Tacos (v) 93129225</p>	<p>Sweet Potato &amp; Black Bean Enchilada (v) 93129220</p>	<p>Feta &amp; Beetroot Burger (v) 93130899</p>	<p>Tabasco Spiced Jambalaya (v) 93132516</p>
	<p>Wedges (no oil) 93130895</p>	<p>Spicy Rice 93131378</p>	<p>Roast Potatoes 93035127</p>	<p>Baked Spicy Sweet Potato (no oil) 93130601</p>	<p>Baked Garlic &amp; Herb Wedges (no oil) 93131371</p>
	<p>House Slaw 93129626</p>	<p>BBQ Beans 93129227</p>	<p>Sweet Chilli Slaw 93129341</p>	<p>Crunchy Salad 93142224</p>	<p>Corn on the Cob 93130897</p>
<b>SPEEDY ITALIAN</b>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>

## WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>MEXICAN</b></p> <p>Chicken &amp; Bean Enchillada</p> <p>Spicy Rice 93131378</p> <p>Stir Fried Greens 93131280</p>	<p><b>CARIBBEAN</b></p> <p>Chilli Barbecued Pork 93146742</p> <p>Wholegrain Rice* 93109633</p> <p>Caribbean Stewed Tomatoes &amp; Beans 93131642</p>	<p><b>MEXICAN</b></p> <p>Beef Birria Taco 93147225</p> <p>Potato &amp; Onion Hash 93147111</p> <p>Sweetcorn 93094208</p>	<p><b>BRITISH</b></p> <p>Chicken Chive &amp; Mushroom Pie 93042708</p> <p>Mashed Potato 93095567</p> <p>Broccoli 93143358</p>	<p><b>JAPANESE</b></p> <p>Tempura Battered Fish Fillet &amp; Katsu Sauce 93143078</p> <p>Chips (oil) 93124814</p> <p>Peas 93065563</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b></p> <p>Quorn Burger in a Bun with Tomato Relish 93037167</p>	<p><b>WINGS &amp; THINGS</b></p> <p>Roast Chicken Wings brushed with Lemon &amp; Herb or Sticky Tabasco 93131377</p>	<p><b>DEEP SOUTH DINER</b></p> <p>New York Hot Dog 93142777</p>	<p><b>WINGS &amp; THINGS</b></p> <p>Chicken Thigh Wrap Piri Piri or BBQ 93131218</p>	<p><b>DEEP SOUTH DINER</b></p> <p>Chilli Beef Nachos 93142775</p>
	<p>Cauliflower &amp; Creamed Corn Bake (v) 93130867</p>	<p>Halloumi &amp; Mushroom Wrap (v) 93131405</p>	<p>Black Eyed Bean Veggie Burger (v) 93132515</p>	<p>Sweet Potato Gumbo (v) 93147289</p>	<p>Lentil, Pepper &amp; Sweetcorn Sloppy Joe 93147222</p>
	<p>Baked Spicy Sweet Potato (no oil) 93130601</p>	<p>Tex Mex Rice 93131376</p>	<p>Paprika Wedges (no oil) 93130895</p>	<p>Garlic Bread* (oil) 93142383</p>	<p>Chips (oil) 93124814</p>
	<p>Red Slaw 93130896</p>	<p>Coriander &amp; Chilli Corn on the Cob 93130898</p>	<p>House Slaw 93129626</p>	<p>Crushed Chilli Peas 93130894</p>	<p>BBQ Beans 93129227</p>
<b>SPEEDY ITALIAN</b>	<p>Veggie Hot One Pizza (v) 93128498</p>	<p>3 Cheese Sicilian Pizza (v) 93135631</p>	<p>Mushroom &amp; Sweetcorn Pizza (v) 93147170</p>	<p>Sicilian Meat Feast Pizza 93135630</p>	<p>Cajun Chicken Sizzler Pizza 93128496</p>
	<p>Cheesy Penne Pasta (v) 93143814</p>	<p>Chicken &amp; Tomato Pasta Bake* 93102883</p>	<p>Carbonara Pasta 93137662 FFL - 93102881</p>	<p>Spinach &amp; Soft Cheese Lasagne (v) 93147171</p>	<p>Pasta Neapolitan* (v) 93107566</p>
	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>