

## WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<b>Indian</b> Chicken Tikka Masala  Steamed Rice  Chana Saag (Indian spiced spinach)	<b>CHINESE</b> BBQ Mandarin Pork  Beggars Noodles  Wok Tossed Oriental Vegetables	<b>British</b> Roast Beef & Gravy  Roast Potatoes  Fresh Carrots	<b>MEXICAN</b> Mexican Beef Chilli  Wholegrain Rice*  Charred Courgette Pico De Gallo	<b>BRITISH</b> Home-made Battered Fish Fillet or Breaded Fish Fillet  Chips (oil)  Mushy Peas
<b>HIGH STREET FAVOURITES</b>	<b>DEEP SOUTH DINER</b> Spicy Quorn Dog	<b>WINGS &amp; THINGS</b> Chicken Flatbread Wrap with Lemon & Herb or Piri Piri	<b>DEEP SOUTH DINER</b> Burrito Mexican Spicy Quorn	<b>WINGS &amp; THINGS</b> Quorn Burger in a Bun with Tomato Relish	<b>DEEP SOUTH DINER</b> Spicy Veg & Bean Quesadilla (v)
	Loaded Triple Mac 'N' Cheese (v)	Bbq Boston Beans in a Steamed Bun	Seasonal Cabbage	Grilled Piri Butternut & Halloumi Skewers (v)	Chips (oil)
	Cajun Wedges (no oil)	Spicy Rice	~~~~~	Mashed Potato	Baked Beans
	Caesar Salad	Chilli Sweetcorn	~~~~~	Sweet Chilli Beans	Garden Peas
<b>SPEEDY ITALIAN</b>	Veggie Supreme Pizza (v)	Tuna & Sweetcorn Pizza	Hawaiian Pizza	3 Cheese Sicilian Pizza (v)	BBQ Chicken Pizza
	Veg Bolognese Pasta (v)	Herby Tomato Pasta (v)	Arrabiata Pasta (v)	Turkey Meatball Pasta Bake*	~~~~~
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)
<b>Dessert</b>	Peach Sponge with Custard	Chocolate Brownie & Custard	Apple Crumble & Custard	Pineapple Upside Down Pudding & Custard	Sponge & Custard

## WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>INDIAN</b> Chicken Korma</p> <p>Naan (no oil)</p> <p>Boiled Rice</p>	<p><b>CARIBBEAN</b> Beef Pepperpot Stew</p> <p>Herb Dumpling</p> <p>Mixed Greens</p>	<p><b>BRITISH</b> Roast Pork &amp; Apple Sauce</p> <p>Roast Potatoes</p> <p>Peas &amp; Carrots</p>	<p><b>JAPANESE</b> Teriyaki Chicken</p> <p>Wholegrain Rice*</p> <p>Pickled Cucumber with Chilli</p>	<p><b>British</b> Fishcakes (oily fish) Home-made Battered Fish Fillet or Breaded Fish Fillet</p> <p>Chips (oil)</p> <p>Mushy Peas</p>
<b>HIGH STREET FAVOURITES</b>	<p><b>DEEP SOUTH DINER</b> BBQ Pulled Quorn Wrap (v)</p>	<p><b>WINGS &amp; THINGS</b> Chicken Ciabatta brushed with BBQ or Piri Piri</p>	<p><b>DEEP SOUTH DINER</b> Sweet Potato &amp; Black Bean Enchilada</p>	<p><b>WINGS &amp; THINGS</b> New York Hot Dog</p>	<p><b>DEEP SOUTH DINER</b> Feta &amp; Beetroot Burger (v)</p>
	Veggie Quarter Pounder (v)	Veggie Chilli Tacos (v)	Cauliflower	Tabasco Spiced Jambalaya (v)	Chips (oil)
	Paprika Wedges (no oil)	Spicy Rice	~~~~~	Baked Spicy Sweet Potato (no oil)	Baked Beans
	House Slaw	BBQ Beans	~~~~~	Crunchy Salad	Garden Peas
<b>SPEEDY ITALIAN</b>	Veggie Hot One Pizza (v)	Chicken Supreme Pizza	Veggie Supreme Pizza (v)	Bacon Pizza	Sicilian Cheese & Tomato Pizza (V)
	Arrabiata Pasta (v)	Italian Chicken Pasta	BBQ Chicken Pasta*	Beef Bolognese Pasta	~~~~~
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)
<b>DESSERT</b>	Plum Cobbler & Custard	Peach Crumble & Custard	Jam Sponge & Custard	Chocolate Sponge & Custard	Warm Lemon & Almond Pudding & Custard

### WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<b>CHINESE</b> Mushroom Foo Yung  Singapore Rice Noodles  Stir Fried Greens	<b>CARIBBEAN</b> Chilli Barbecued Pork  Wholegrain Rice*  Caribbean Stewed Tomatoes & Beans	<b>BRITISH</b>  <b>Roast Turkey</b>  Roast Potatoes (no oil) Broccoli	<b>MEXICAN</b>  <b>Beef Birra Taco</b>  Potato & Onion Hash  Sweetcorn	<b>BRITISH</b>  Home-made Battered Fish Fillet or Breaded Fish Fillet  Chips (oil)  Garden Peas
<b>HIGH STREET FAVOURITES</b>	<b>DEEP SOUTH DINER</b> Beef Burger in a Bun with Tomato Relish	<b>WINGS &amp; THINGS</b> Chicken Wrap Piri Piri or BBQ	<b>DEEP SOUTH DINER</b> Black Eyed Bean Veggie Burger (v)	<b>WINGS &amp; THINGS</b> Cajun Pulled Pork & Bean Pitta	<b>DEEP SOUTH DINER</b> Lentil, Pepper & Sweet corn Sloppy Joe
	Cauliflower & Creamed Corn Bake (v)	Halloumi & Mushroom Wrap (v)	Peas & Sweet corn	Sweet Potato Gumbo (v)	Chips (oil)
	Baked Spicy Sweet Potato (no oil)	Tex Mex Rice	~~~~~	Garlic Bread* (oil)	Mushy Peas
	Red Slaw	Coriander & Chilli Corn on the Cob	~~~~~	Crushed Chilli Peas	Baked Beans
<b>SPEEDY ITALIAN</b>	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	Pasta Neapolitan* (v)	~~~~~
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)
<b>DESSERT</b>	Apple & Blackberry Pie & Custard	Marmalade Sponge & Custard	Apple Cracknell & Custard	Jam Sponge & Custard	Marble Sponge & Custard