

## WEEK 1

|                          | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|--------------------------|---|--|--|---|--|
| <b>GLOBAL ADVENTURE</b>  | <p><b>CARIBBEAN</b><br/>Mild Caribbean chicken, coconut and pineapple curry<br/>93153735</p> <p>Wholegrain Rice*<br/>93109633</p> <p>Garlic and Lime Corn on the Cob<br/>93153906</p> | <p><b>CHINESE</b><br/>Aromatic Soy Pork with Egg Noodles<br/>93070142</p> <p>Wok Tossed Oriental Vegetables<br/>93130848</p> | <p><b>MEXICAN</b><br/>Chicken and Bean Enchilada<br/>93075909</p> <p>Sour Cream Mashed Potatoes<br/>93153905</p> <p>Sweetcorn<br/>93094208</p> | <p><b>INDIAN</b><br/>Beef Keema Balti Curry<br/>93153185</p> <p>Cucumber Raita<br/>93142255</p> <p>Naan Bread (no oil)<br/>93034973</p> | <p><b>BRITISH</b><br/>Home-made Battered Fish Fillet<br/>93105116</p> <p>Chips (oil)<br/>93124814</p> <p>Peas<br/>93065563</p> |
| <b>HIGH STREET FAVES</b> | <p><b>DEEP SOUTH DINER</b><br/>New Yorker Quorn Dog<br/>93147290</p>  | <p><b>WINGS &amp; THINGS</b><br/>Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco<br/>93130941</p>      | <p><b>DEEP SOUTH DINER</b><br/>Ultimate Beef Burger<br/>93086625</p>   | <p><b>WINGS &amp; THINGS</b><br/>Chicken Thigh Flatbread Wrap with Lemon &amp; Herb or Piri Piri<br/>93143054</p>                       | <p><b>DEEP SOUTH DINER</b><br/>Cajun Pulled Pork &amp; Bean Pitta<br/>93147141</p>   |
|                          | <p>Halloumi &amp; Roasted Vegetable Wrap<br/>93131405</p>   | <p>Veggie Quarter Pounder (v)<br/>93129224</p>   | <p>Lentil, Pepper &amp; Sweetcorn Sloppy Joe<br/>93147222</p>  | <p>Quorn &amp; Mushroom Burger (v)<br/>93129232</p>   | <p>Veg &amp; Bean Quesadilla (v)<br/>93086623</p>  |
|                          | <p>Sweet herby crushed new potatoes<br/>93153902</p>  | <p>Cajun Wedges (no oil)<br/>93130978</p>  | <p>Paprika Wedges (no oil)<br/>93130895</p>  | <p>Red Onion and cheese loaded skins (no oil)<br/>93154279</p>  | <p>Chips (oil)<br/>93124814</p>  |
|                          | <p>Chop Chop Salad<br/>93153242</p>   | <p>BBQ Slaw<br/>93129327</p>   | <p>Beetroot, Carrot &amp; Apple Salad<br/>93153241</p>   | <p>Caesar Salad<br/>93129328</p>  | <p>Pineapple Coleslaw<br/>93154276</p>   |
| <b>SPEEDY ITALIAN</b>    | <p>Veggie Supreme Pizza (v)<br/>93135569</p>  | <p>Bacon Pizza<br/>93041401</p>  | <p>Hawaiian Pizza<br/>93128494</p>   | <p>3 Cheese Sicilian Pizza (v)<br/>93135631</p>   | <p>Veggie Hot One Pizza (v)<br/>93128498</p>   |
|                          | <p>Veg Bolognese Pasta (v)<br/>93102889</p>   | <p>Arrabiata Pasta (v)<br/>93147953</p>  | <p>Chicken And Tomato Pasta Bake<br/>93102883</p>  | <p>Chunky Veg Pasta<br/>93137661</p>  | <p>Herby Tomato Pasta (v)<br/>93147954</p>   |
|                          | <p>Margherita Pizza (v)<br/>93041388</p>  | <p>Margherita Pizza (v)<br/>93041388</p>   | <p>Margherita Pizza (v)<br/>93041388</p>   | <p>Margherita Pizza (v)<br/>93041388</p>  | <p>Margherita Pizza (v)<br/>93041388</p>   |

## WEEK 2

|                          | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--------------------------|--|--|---|---|---|
| <b>GLOBAL ADVENTURE</b>  | <p><b>BRITISH</b><br/>Cheese, Tomato and Potato Bake<br/>93153184</p> <p>Broccoli<br/>93143358</p> | <p><b>MEXICAN</b><br/>Baked Beef Chimichangas<br/>93153733</p> <p>Wholegrain Rice*<br/>93109633</p> <p>Streetcorn Salad<br/>93153734</p> | <p><b>BRITISH</b><br/>Twice Cooked Pork Belly<br/>93042666</p> <p>Roast Potatoes (oil)<br/>93035127</p> <p>Braised Red Cabbage<br/>93045208</p> <p>Carrots<br/>93065561</p> | <p><b>JAPANESE</b><br/>Chicken Katsu Curry<br/>93142170</p> <p>Rice Noodles<br/>93130823</p> <p>Pickled Cucumber Salad<br/>93128253</p> | <p><b>THAI</b><br/>Sweet Chili Salmon Wrap***<br/>93130976<br/>(oily fish)</p> <p>Chips (oil)<br/>93124814</p> <p>Peas<br/>93065563</p> |
| <b>HIGH STREET FAVES</b> | <p><b>DEEP SOUTH DINER</b><br/>Sweetcorn Veggie Burger<br/>93153900</p>                            | <p><b>WINGS &amp; THINGS</b><br/>Chicken Mayo Burger<br/>93153888</p>  | <p><b>DEEP SOUTH DINER</b><br/>Deep South Burger<br/>93153907</p>   | <p><b>WINGS &amp; THINGS</b><br/>Roast Chicken Wings brushed with<br/>Sticky Tabasco or Lemon &amp; Herb<br/>93131377</p>               | <p><b>DEEP SOUTH DINER</b><br/>BBQ Pulled Pork Burger<br/>93129202</p>  |
|                          | <p>Veggie Chilli Tacos (v)<br/>93129225</p>  | <p>BBQ Pulled Quorn Wrap (v)<br/>93131374</p>  | <p>Sweet Potato &amp; Black Bean Enchilada (v)<br/>93129220</p>   | <p>BBQ Quorn and Vegetable Skewer<br/>93153889</p>  | <p>Quorn Sausage Pattie &amp; Cheese Bun<br/>93133732</p>   |
|                          | <p>Crushed Sweet Potato<br/>93153901</p>   | <p>Paprika Wedges (no oil)<br/>93130895</p>  | <p>Baked Garlic &amp; Herb Wedges (no oil)<br/>93131371</p>   | <p>Garlic Bread* (no oil)<br/>93154277</p>  | <p>Chips (oil)<br/>93124814</p>   |
|                          | <p>Red Slaw<br/>93130896</p>   | <p>BBQ Beans<br/>93129227</p>  | <p>American Style Slaw<br/>93101975</p>   | <p>Corn on the Cob<br/>93130897</p>   | <p>Apple Slaw<br/>93129265</p>  |
| <b>SPEEDY ITALIAN</b>    | <p>Veggie Hot One Pizza (v)<br/>93128498</p>   | <p>Chicken Supreme Pizza<br/>93128497</p>  | <p>Veggie Supreme Pizza (v)<br/>93135569</p>  | <p>Bacon Pizza<br/>93041401</p>   | <p>Sicilian Cheese &amp; Tomato Pizza (V)<br/>93137894</p>  |
|                          | <p>Arrabiata Pasta (v)<br/>93147953</p>  | <p>Herby Tomato Pasta (v)<br/>93147954</p>   | <p>BBQ Chicken Pasta*<br/>93147137</p>  | <p>Beef Lasagne<br/>93046483</p>  | <p>Italian Chicken Pasta<br/>93147955</p>   |
|                          | <p>Margherita Pizza (v)<br/>93041388</p>   | <p>Margherita Pizza (v)<br/>93041388</p>   | <p>Margherita Pizza (v)<br/>93041388</p>  | <p>Margherita Pizza (v)<br/>93041388</p>  | <p>Margherita Pizza (v)<br/>93041388</p>  |

### WEEK 3

|                          | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|--------------------------|---|--|--|--|---|
| <b>GLOBAL ADVENTURE</b>  | <p><b>INDIAN</b><br/>Chickpea and Tomato Masala<br/>93153187</p> <p>Wholegrain Rice*<br/>93109633</p> <p>Green Beans<br/>93153275</p> | <p><b>CHINESE</b><br/>BBQ Mandarin Pork<br/>93130787</p> <p>Beggars Noodles<br/>93131282</p> <p>Stir Fried Vegetables<br/>93131280</p> | <p><b>MEXICAN</b><br/>Beef Barbecoa<br/>93130865</p> <p>Baked Garlic &amp; Herb Potato Wedges (no oil)<br/>93131371</p> <p>Broccoli<br/>93143358</p> <p>Sweetcorn<br/>93094208</p> | <p><b>THAI</b><br/>Thai Red Chicken Curry<br/>93143035</p> <p>Lime and Coriander Rice<br/>93130499</p> <p>Crunchy Vegetable Salad<br/>93080521</p> | <p><b>BRITISH</b><br/>Home-made Battered Fish Fillet<br/>93105116</p> <p>Chips (oil)<br/>93124814</p> <p>Baked Beans<br/>93036011</p> |
| <b>HIGH STREET FAVES</b> | <p><b>DEEP SOUTH DINER</b><br/>Chilli Beef Nachos<br/>93142775</p>  | <p><b>WINGS &amp; THINGS</b><br/>Roast Chicken Wings brushed with Lemon &amp; Herb or Sticky Tabasco<br/>93131377</p>                  | <p><b>DEEP SOUTH DINER</b><br/>Quorn Cheese Burger<br/>93153364</p>  | <p><b>WINGS &amp; THINGS</b><br/>Smoky BBQ Chicken and Boston Bean Wrap<br/>93154280</p>   | <p><b>DEEP SOUTH DINER</b><br/>New York Hot Dog<br/>93142777</p>  |
|                          | <p>Black Eyed Bean Veggie Burger (v)<br/>93132515</p>   | <p>Loaded Triple Mac 'N' Cheese (v)<br/>93129233</p>   | <p>Cauliflower &amp; Creamed Corn Bake (v)<br/>93130867</p>  | <p>Grilled Piri Butternut &amp; Halloumi Skewers (v)<br/>93132517</p>  | <p>Black Eyed Bean and Vegetable Jambalaya<br/>93153886</p>   |
|                          | <p>Paprika Wedges (no oil)<br/>93130895</p>   | <p>Carnival rice<br/>93153903</p>  | <p>Baked Garlic &amp; Herb Wedges (no oil)<br/>93131371</p>  | <p>Tomato and Herb Rice<br/>93153904</p>   | <p>Chips (oil)<br/>93124814</p>   |
|                          | <p>Corn Slaw<br/>93153240</p>   | <p>Southern Greens<br/>93154278</p>  | <p>BBQ Beans<br/>93129227</p>  | <p>Sweetcorn Fritter<br/>93123552</p>  | <p>House Slaw<br/>93129626</p>  |
| <b>SPEEDY ITALIAN</b>    | <p>Veggie Hot One Pizza (v)<br/>93128498</p>  | <p>3 Cheese Sicilian Pizza (v)<br/>93135631</p>  | <p>Mushroom &amp; Sweetcorn Pizza (v)<br/>93147170</p>   | <p>Sicilian Cheese &amp; Tomato Pizza (V)<br/>93137894</p>   | <p>Cajun Chicken Sizzler Pizza<br/>93128496</p>   |
|                          | <p>Cheesy Penne Pasta (v)<br/>93143814</p>  | <p>Beef Lasagne<br/>93046483</p>   | <p>Carbonara Pasta<br/>93137662</p>  | <p>Herby Tomato Pasta (v)<br/>93147954</p>   | <p>Beef bolognaise<br/>93102799</p>   |
|                          | <p>Margherita Pizza (v)<br/>93041388</p>  | <p>Margherita Pizza (v)<br/>93041388</p>   | <p>Margherita Pizza (v)<br/>93041388</p>   | <p>Margherita Pizza (v)<br/>93041388</p>   | <p>Margherita Pizza (v)<br/>93041388</p>  |