

WEEK 1

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

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---|--|--|---|--|
| GLOBAL ADVENTURE | <p style="text-align: center;">INDIAN Roast Cauli Chick Pea Korma</p> <p style="text-align: center;">Naan (no oil)</p> <p style="text-align: center;">Tarka Dhal</p> | <p style="text-align: center;">CARIBBEAN Beef Pepperpot Stew</p> <p style="text-align: center;">Herb Dumpling</p> <p style="text-align: center;">Mixed Greens</p> | <p style="text-align: center;">BRITISH Roast Pork & Apple Sauce</p> <p style="text-align: center;">Roast Potatoes</p> <p style="text-align: center;">Peas & Carrots</p> | <p style="text-align: center;">JAPANESE Teriyaki Chicken Thigh</p> <p style="text-align: center;">Wholegrain Rice*</p> <p style="text-align: center;">Pickled Cucumber with Chilli</p> | <p style="text-align: center;">THAI Fishcakes (oily fish)</p> <p style="text-align: center;">Baked Garlic & Herb Wedges (no oil)</p> <p style="text-align: center;">Som Tam Green Mango Salad</p> |
| HIGH STREET FAVES | <p style="text-align: center;">DEEP SOUTH DINER BBQ Pulled Quorn Wrap (v)</p> | <p style="text-align: center;">WINGS & THINGS Chicken Thigh Ciabatta brushed with BBQ or Piri Piri</p> | <p style="text-align: center;">DEEP SOUTH DINER Lettuce Beef Burger with Sweet Tomato Salsa</p> | <p style="text-align: center;">WINGS & THINGS Roast Chicken Wings brushed with Sticky Tabasco or Lemon & Herb</p> | <p style="text-align: center;">DEEP SOUTH DINER Texas BBQ Chicken</p> |
| | <p style="text-align: center;">Veggie Quarter Pounder (v)</p> | <p style="text-align: center;">Veggie Chilli Tacos (v)</p> | <p style="text-align: center;">Sweet Potato & Black Bean Enchilada (v)</p> | <p style="text-align: center;">Tabasco Spiced Jambalaya (v)</p> | <p style="text-align: center;">Feta & Beetroot Burger (v)</p> |
| | <p style="text-align: center;">Paprika Wedges (no oil)</p> | <p style="text-align: center;">Spicy Rice</p> | <p style="text-align: center;">Chips (oil)</p> | <p style="text-align: center;">Baked Spicy Sweet Potato (no oil)</p> | <p style="text-align: center;">Baked Garlic & Herb Wedges (no oil)</p> |
| | <p style="text-align: center;">House Slaw</p> | <p style="text-align: center;">BBQ Beans</p> | <p style="text-align: center;">Sweet Chilli Slaw</p> | <p style="text-align: center;">Crunchy Salad</p> | <p style="text-align: center;">Corn on the Cob</p> |
| SPEEDY ITALIAN | <p style="text-align: center;">Veggie Hot One Pizza (v)</p> | <p style="text-align: center;">Chicken Supreme Pizza</p> | <p style="text-align: center;">Veggie Supreme Pizza (v)</p> | <p style="text-align: center;">Bacon Pizza</p> | <p style="text-align: center;">Sicilian Cheese & Tomato Pizza (V)</p> |
| | <p style="text-align: center;">Arrabiata Pasta (v)</p> | <p style="text-align: center;">Veggie Lasagne (v)</p> | <p style="text-align: center;">BBQ Chicken Pasta*</p> | <p style="text-align: center;">Beef Lasagne</p> | <p style="text-align: center;">Italian Chicken Pasta</p> |
| | <p style="text-align: center;">Margherita Pizza (v)</p> | <p style="text-align: center;">Margherita Pizza (v)</p> | <p style="text-align: center;">Margherita Pizza (v)</p> | <p style="text-align: center;">Margherita Pizza (v)</p> | <p style="text-align: center;">Margherita Pizza (v)</p> |

WEEK 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|--|--|--|--|--|
| GLOBAL ADVENTURE | <p>CHINESE Mushroom Foo Yung</p> <p>Singapore Rice Noodles</p> <p>Stir Fried Greens</p> | <p>CARIBBEAN Chilli Barbecued Pork</p> <p>Wholegrain Rice*</p> <p>Caribbean Stewed Tomatoes & Beans</p> | <p>MEXICAN Beef Birria Taco</p> <p>Potato & Onion Hash</p> <p>Sweetcorn</p> | <p>BRITISH Creamy Chicken & Mushroom Pot</p> <p>Mashed Potato</p> <p>Broccoli</p> | <p>JAPANESE Tempura Battered Fish Fillet & Katsu Sauce</p> <p>Chips (oil)</p> <p>Peas</p> |
| HIGH STREET FAVES | <p>DEEP SOUTH DINER Quorn Burger in a Bun with Tomato Relish</p> | <p>WINGS & THINGS Roast Chicken Wings brushed with Lemon & Herb or Sticky Tabasco</p> | <p>DEEP SOUTH DINER New York Hot Dog</p> | <p>WINGS & THINGS Chicken Thigh Wrap Piri Piri or BBQ</p> | <p>DEEP SOUTH DINER Chilli Beef Nachos</p> |
| | 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) |