

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>Loaded Triple Mac 'N' Cheese (v)</p> <p>Cajun Wedges</p> <p>Caesar Salad</p>	<p>Sweet Potato and Mixed Bean Stew</p> <p>Spicy Rice</p> <p>Chilli Sweetcorn</p>	<p>Burrito Mexican Spicy Quorn</p> <p>Baked Garlic & Herb Wedges</p> <p>Green Salad</p>	<p>Linda McCartney Vegetable Sausages</p> <p>Mashed Potato</p> <p>Sweet Chilli Beans</p>	<p>Spicy Veg & Bean Quesadilla (v)</p> <p>Paprika Dusted Chips (oil)</p> <p>Apple Slaw</p>
SPEEDY ITALIAN	<p>Veggie Supreme Pizza (v)</p> <p>Veg Bolognese Pasta (v)</p> <p>Margherita Pizza (v)</p>	<p>Tuna & Sweetcorn Pizza</p> <p>Chunky Tomato</p> <p>Margherita Pizza (v)</p>	<p>Hawaiian Pizza</p> <p>Arrabiata Pasta (v)</p> <p>Margherita Pizza (v)</p>	<p>3 Cheese Sicilian Pizza (v)</p> <p>Turkey Meatball Pasta</p> <p>Margherita Pizza (v)</p>	<p>BBQ Chicken Pizza</p> <p>Herby Tomato Pasta (v)</p> <p>Margherita Pizza (v)</p>

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	INDIAN Roast Cauliflower and 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 Breaded Fish with Lemon and Homemade Tartare Sauce Chipped Potatoes Som Tam Green Mango Salad
	HIGH STREET FAVES	Veggie Quarter Pounder (v) Paprika Wedges (no oil) House Slaw	Veggie Chilli Tacos (v) Spicy Rice BBQ Beans	Sweet Potato & Black Bean Enchilada (v) Baked Garlic & Herb Wedges Sweet Chilli Slaw	Quorn Katsu Curry (v) Steamed Rice Crunchy Salad
SPEEDY ITALIAN	Pepperoni Pizza	Chicken Supreme Pizza	Veggie Supreme Pizza (v)	Bacon Pizza	BBQ Chicken Pizza
	Arrabiata Pasta (v)	Smokey Chicken Pasta	BBQ Chicken Pasta*	Beef Bolognese	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	<p>CHINESE Mushroom Foo Yung</p> <p>Singapore Rice Noodles</p> <p>Stir Fried Greens</p>	<p>CARIBBEAN Sweet Chilli Salmon Wrap</p> <p>Wholegrain Rice*</p> <p>Caribbean Stewed Tomatoes & Beans</p>	<p>MEXICAN Beef Birria Taco</p> <p>Mexican Cous Cous</p> <p>Sweetcorn</p>	<p>BRITISH Creamy Chicken & Mushroom Pot</p> <p>New Potatoes</p> <p>Broccoli</p>	<p>JAPANESE Breaded Fish Fillet with Homemade Tartar Sauce</p> <p>Chipped Potatoes</p> <p>Peas</p>
HIGH STREET FAVES	Cauliflower & Creamed Corn Bake (v)	Sweet Potato Gumbo (v)	Black Eyed Bean Veggie Burger (v)	Halloumi & Mushroom Enchilada (v)	Lentil, Pepper & Sweetcorn Sloppy Joe
	Baked Spicy Sweet Potato Wedges	Tex Mex Rice	Mexican Cous Cous	New Potatoes	Chipped Potatoes
	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	Fieri Chicken Pasta	Pasta Neapolitan* (v)
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)