

## WEEK 1

|                          | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--------------------------|--|---|---|---|---|
| <b>GLOBAL ADVENTURE</b>  | <p><b>THAI</b><br/>Thai Yellow Curry with Vegetables and Lentils(v)<br/>93130657</p> <p>Sticky Jasmine Rice<br/>93130509</p> <p>Sweet Chilli Broccoli<br/>93130610</p> | <p><b>CHINESE</b><br/>BBQ Mandarin Pork<br/>93130787</p> <p>Beggars Noodles<br/>93131282</p> <p>Wok Tossed Oriental Vegetables<br/>93130848</p> | <p><b>INDIAN</b><br/>Chicken Tikka Masala<br/>93128001</p> <p>Jeera Aloo<br/>(cumin flavoured potato)<br/>93128101</p> <p>Chana Saag (Indian Spiced Spinach)<br/>93128105</p> | <p><b>MEXICAN</b><br/>Mexican Beef Chilli<br/>93129204</p> <p>Wholegrain Rice*<br/>93109633</p> <p>Charred Courgette Pico De Gallo<br/>93130870</p> | <p><b>BRITISH</b><br/>Home-made Battered Fish Fillet<br/>93105116</p> <p>Paprika Dusted Chips (oil)<br/>93147136</p> <p>Mushy Peas<br/>93042663</p> |
| <b>HIGH STREET FAVES</b> | <p><b>DEEP SOUTH DINER</b><br/>Spicy Quorn Dog<br/>93109273</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/>Ultimate Beef Burger<br/>93086625</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/>Cajun Pulled Pork &amp; Bean Pitta<br/>93147141</p>  |
|                          | <p>Loaded Triple Mac 'N' Cheese (v)<br/>93129233</p>   | <p>Bbq Boston Beans in a Steamed Bun<br/>93147287</p>   | <p>Burrito Mexican Spicy Quorn<br/>93106577</p>   | <p>Grilled Piri Butternut &amp; Halloumi Skewers (v)<br/>93132517</p>   | <p>Spicy Veg &amp; Bean Quesadilla (v)<br/>93086623</p>   |
|                          | <p>Cajun Wedges (no oil)<br/>93130978</p>  | <p>Spicy Rice<br/>93131378</p>  | <p>Baked Garlic &amp; Herb Wedges (no oil)<br/>93131371</p>   | <p>Mashed Potato<br/>93095567</p>   | <p>Paprika Dusted Chips (oil)<br/>93147136</p>  |
|                          | <p>Caesar Salad<br/>93129328</p>   | <p>Chilli Sweetcorn<br/>93143075</p>  | <p>Green Salad<br/>93129329</p>   | <p>Sweet Chilli Beans<br/>93129326</p>  | <p>Apple Slaw<br/>93129265</p>  |
| <b>SPEEDY ITALIAN</b>    | <p>Veggie Supreme Pizza (v)<br/>93135569</p>   | <p>Tuna &amp; Sweetcorn Pizza<br/>93128495</p>  | <p>Hawaiian Pizza<br/>93128494</p>  | <p>3 Cheese Sicilian Pizza (v)<br/>93135631</p>   | <p>BBQ Chicken Pizza<br/>93041385</p>   |
|                          | <p>Veg Bolognese Pasta (v)<br/>93102889</p>  | <p>Quorn &amp; Vegetable Lasagne (v)<br/>93046481</p>   | <p>Arrabiata Pasta (v)<br/>93147953</p>   | <p>Turkey Meatball Pasta Bake*<br/>93147135</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>  |