

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>THAI Thai Yellow Curry with Vegetables and Lentils(v) 93130657</p> <p>Sticky Jasmine Rice 93130509</p> <p>Sweet Chilli Broccoli 93130610</p>	<p>CHINESE BBQ Mandarin Pork 93130787</p> <p>Beggars Noodles 93131282</p> <p>Wok Tossed Oriental Vegetables 93130848</p>	<p>INDIAN Chicken Tikka Masala 93128001</p> <p>Jeera Aloo (cumin flavoured potato) 93128101</p> <p>Chana Saag (Indian Spiced Spinach) 93128105</p>	<p>MEXICAN Mexican Beef Chilli 93129204</p> <p>Wholegrain Rice* 93109633</p> <p>Charred Courgette Pico De Gallo 93130870</p>	<p>BRITISH Home-made Battered Fish Fillet 93105116</p> <p>Paprika Dusted Chips (oil) 93147136</p> <p>Mushy Peas 93042663</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER Spicy Quorn Dog 93109273</p>	<p>WINGS & THINGS Chicken Thigh Flatbread Wrap with Lemon & Herb or Piri Piri 93143054</p>	<p>DEEP SOUTH DINER Ultimate Beef Burger 93086625</p>	<p>WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941</p>	<p>DEEP SOUTH DINER Cajun Pulled Pork & Bean Pitta 93147141</p>
	<p>Loaded Triple Mac 'N' Cheese (v) 93129233</p>	<p>Bbq Boston Beans in a Steamed Bun 93147287</p>	<p>Burrito Mexican Spicy Quorn 93106577</p>	<p>Grilled Piri Butternut & Halloumi Skewers (v) 93132517</p>	<p>Spicy Veg & Bean Quesadilla (v) 93086623</p>
	<p>Cajun Wedges (no oil) 93130978</p>	<p>Spicy Rice 93131378</p>	<p>Baked Garlic & Herb Wedges (no oil) 93131371</p>	<p>Mashed Potato 93095567</p>	<p>Paprika Dusted Chips (oil) 93147136</p>
	<p>Caesar Salad 93129328</p>	<p>Chilli Sweetcorn 93143075</p>	<p>Green Salad 93129329</p>	<p>Sweet Chilli Beans 93129326</p>	<p>Apple Slaw 93129265</p>
SPEEDY ITALIAN	<p>Veggie Supreme Pizza (v) 93135569</p>	<p>Tuna & Sweetcorn Pizza 93128495</p>	<p>Hawaiian Pizza 93128494</p>	<p>3 Cheese Sicilian Pizza (v) 93135631</p>	<p>BBQ Chicken Pizza 93041385</p>
	<p>Veg Bolognese Pasta (v) 93102889</p>	<p>Quorn & Vegetable Lasagne (v) 93046481</p>	<p>Arrabiata Pasta (v) 93147953</p>	<p>Turkey Meatball Pasta Bake* 93147135</p>	<p>Herby Tomato Pasta (v) 93147954</p>
	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>INDIAN Roast Cauli Chick Pea Korma 93128069</p> <p>Naan (no oil) 93034973</p> <p>Tarka Dhal 93128103</p>	<p>CARIBBEAN Beef Pepperpot Stew 93131718</p> <p>Herb Dumpling 93119376</p> <p>Mixed Greens 93130890</p>	<p>BRITISH Roast Pork & Apple Sauce 93099012</p> <p>Roast Potatoes 93035127</p> <p>Peas & Carrots 93065563 & 93065561</p>	<p>JAPANESE Teriyaki Chicken Thigh 93128109</p> <p>Wholegrain Rice* 93109633</p> <p>Pickled Cucumber with Chilli 93128253</p>	<p>THAI Fishcakes 93130497 (oily fish)</p> <p>Baked Garlic & Herb Wedges (no oil) 93131371</p> <p>Som Tam Green Mango Salad 93130506</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER BBQ Pulled Quorn Wrap (v) 93131374</p>	<p>WINGS & THINGS Chicken Thigh Ciabatta brushed with BBQ or Piri Piri 93131217</p>	<p>DEEP SOUTH DINER Lettuce Beef Burger with Sweet Tomato Salsa 93129222</p>	<p>WINGS & THINGS Roast Chicken Wings brushed with Sticky Tabasco or Lemon & Herb 93131377</p>	<p>DEEP SOUTH DINER Texas BBQ Chicken 93131191</p>
	<p>Veggie Quarter Pounder (v) 93129224</p>	<p>Veggie Chilli Tacos (v) 93129225</p>	<p>Sweet Potato & Black Bean Enchilada (v) 93129220</p>	<p>Tabasco Spiced Jambalaya (v) 93132516</p>	<p>Feta & Beetroot Burger (v) 93130899</p>
	<p>Paprika Wedges (no oil) 93130895</p>	<p>Spicy Rice 93131378</p>	<p>Chips (oil) 93124814</p>	<p>Baked Spicy Sweet Potato (no oil) 93130601</p>	<p>Baked Garlic & Herb Wedges (no oil) 93131371</p>
	<p>House Slaw 93129626</p>	<p>BBQ Beans 93129227</p>	<p>Sweet Chilli Slaw 93129341</p>	<p>Crunchy Salad 93142224</p>	<p>Corn on the Cob 93130897</p>
SPEEDY ITALIAN	<p>Veggie Hot One Pizza (v) 93128498</p>	<p>Chicken Supreme Pizza 93128497</p>	<p>Veggie Supreme Pizza (v) 93135569</p>	<p>Bacon Pizza 93041401</p>	<p>Sicilian Cheese & Tomato Pizza (V) 93137894</p>
	<p>Arrabiata Pasta (v) 93147953</p>	<p>Veggie Lasagne (v) 93147227</p>	<p>BBQ Chicken Pasta* 93147137</p>	<p>Beef Lasagne 93046483</p>	<p>Italian Chicken Pasta 93147955</p>
	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>CHINESE Mushroom Foo Yung 93130849</p> <p>Singapore Rice Noodles 93130823</p> <p>Stir Fried Greens 93131280</p>	<p>CARIBBEAN Chilli Barbecued Pork 93146742</p> <p>Wholegrain Rice* 93109633</p> <p>Caribbean Stewed Tomatoes & Beans 93131642</p>	<p>MEXICAN Beef Birria Taco 93147225</p> <p>Potato & Onion Hash 93147111</p> <p>Sweetcorn 93094208</p>	<p>BRITISH Creamy Chicken & Mushroom Pot 93147109</p> <p>Mashed Potato 93095567</p> <p>Broccoli 93143358</p>	<p>JAPANESE Tempura Battered Fish Fillet & Katsu Sauce 93143078</p> <p>Chips (oil) 93124814</p> <p>Peas 93065563</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER Quorn Burger in a Bun with Tomato Relish 93037167</p>	<p>WINGS & THINGS Roast Chicken Wings brushed with Lemon & Herb or Sticky Tabasco 93131377</p>	<p>DEEP SOUTH DINER New York Hot Dog 93142777</p>	<p>WINGS & THINGS Chicken Thigh Wrap Piri Piri or BBQ 93131218</p>	<p>DEEP SOUTH DINER Chilli Beef Nachos 93142775</p>
	<p>Cauliflower & Creamed Corn Bake (v) 93130867</p>	<p>Halloumi & Mushroom Wrap (v) 93131405</p>	<p>Black Eyed Bean Veggie Burger (v) 93132515</p>	<p>Sweet Potato Gumbo (v) 93147289</p>	<p>Lentil, Pepper & Sweetcorn Sloppy Joe 93147222</p>
	<p>Baked Spicy Sweet Potato (no oil) 93130601</p>	<p>Tex Mex Rice 93131376</p>	<p>Paprika Wedges (no oil) 93130895</p>	<p>Garlic Bread* (oil) 93142383</p>	<p>Chips (oil) 93124814</p>
	<p>Red Slaw 93130896</p>	<p>Coriander & Chilli Corn on the Cob 93130898</p>	<p>House Slaw 93129626</p>	<p>Crushed Chilli Peas 93130894</p>	<p>BBQ Beans 93129227</p>
SPEEDY ITALIAN	<p>Veggie Hot One Pizza (v) 93128498</p>	<p>3 Cheese Sicilian Pizza (v) 93135631</p>	<p>Mushroom & Sweetcorn Pizza (v) 93147170</p>	<p>Sicilian Meat Feast Pizza 93135630</p>	<p>Cajun Chicken Sizzler Pizza 93128496</p>
	<p>Cheesy Penne Pasta (v) 93143814</p>	<p>Chicken & Tomato Pasta Bake* 93102883</p>	<p>Carbonara Pasta 93137662 FFL - 93102881</p>	<p>Spinach & Soft Cheese Lasagne (v) 93147171</p>	<p>Pasta Neapolitan* (v) 93107566</p>
	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>