

## GLOBAL ADVENTURE FFL WEEK 1

|                          | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|--------------------------|---|---|---|--|--|
| <b>GLOBAL ADVENTURE</b>  | <p><b>MEDITERRANEAN</b><br/>Chicken Shawarma Flatbread<br/>93162898</p> <p>Paprika Potato Wedges (no oil)<br/>93130895</p> <p>House Slaw<br/>93129626</p> | <p><b>CHINESE</b><br/>Five Spiced Beef<br/>93159931</p> <p>Beggars Noodles<br/>93131282</p> <p>Peas<br/>93065563</p>        | <p><b>BRITISH</b><br/>Roast Pork with Stuffing and Apple<br/>Sauce<br/>93098927</p> <p>Roast Potatoes (oil)<br/>93162617</p> <p>Seasonal Cabbage<br/>93143359</p> <p>Carrots<br/>93065561</p> <p>Gravy<br/>93034775</p> | <p><b>INDIAN</b><br/>Chicken Tikka Masala<br/>93128001</p> <p>Rice<br/>93135592</p> <p>Cucumber Raita<br/>93142255</p> | <p><b>BRITISH</b><br/>Home-made Battered Fish Fillet<br/>93105116</p> <p>Chips (oil)<br/>93124814</p> <p>Baked Beans<br/>93162619<br/>OR<br/>Peas<br/>93065563</p> |
| <b>HIGH STREET FAVES</b> | <p><b>DEEP SOUTH DINER</b><br/>BBQ Pulled Beef Brisket<br/>93162912</p>   | <p><b>WINGS &amp; THINGS</b><br/>Special Marinated Roast Chicken<br/>Drumsticks with BBQ or Sticky Tabasco<br/>93130941</p> | <p><b>DEEP SOUTH DINER</b><br/>Beef Burger<br/>93156920</p>   | <p><b>WINGS &amp; THINGS</b><br/>Texas BBQ Chicken<br/>93131191</p>  | <p><b>DEEP SOUTH DINER</b><br/>New Yorker Quorn Dog<br/>93147290</p>   |
|                          | <p>Feta and Potato Frittata<br/>93162900</p>  | <p>Mac 'N' Cheese<br/>93127228</p>  | <p>Sweet Potato &amp; Squash Casserole<br/>93101314</p>   | <p>Boston Bean Pot<br/>93130977</p>  | <p>Veg &amp; Bean Quesadilla<br/>93086623</p>  |
|                          | <p>New Orleans Red Bean Rice *<br/>93159957</p>   | <p>Garlic Bread* (no oil)<br/>93154277</p>  | <p>Chipotle Potato Wedges (no oil)<br/>93163112</p>   | <p>Layered Potato Bake<br/>93162904</p>  | <p>Chips (oil)<br/>93124814</p>  |
|                          | <p>Southern Greens<br/>93154278</p>   | <p>Chop Chop Salad<br/>93153242</p>   | <p>Corn on the Cob<br/>93130897</p>   | <p>House Slaw<br/>93129626</p>   | <p>Sweetcorn<br/>93094208</p>  |
| <b>SPEEDY ITALIAN</b>    | <p>Veggie Supreme Pizza (v)<br/>93147947</p>  | <p>3 Cheese Sicilian Pizza (v)<br/>93147949</p>   | <p>Hawaiian Pizza<br/>93147946</p>  | <p>Bacon Pizza<br/>93127250</p>  | <p>Veggie Hot One Pizza (v)<br/>93147968</p>   |
|                          | <p>Veg Bolognese Pasta (v)<br/>93102889</p>   | <p>Arrabiata Pasta (v)<br/>93147953</p>   | <p>Chunky Vegetable Pasta<br/>93137661</p>  | <p>Beef Bolognese<br/>93102799</p>   | <p>Herby Tomato Pasta (v)<br/>93147954</p>   |
|                          | <p>Margherita Pizza (v)<br/>93127257</p>  | <p>Margherita Pizza (v)<br/>93127257</p>  | <p>Margherita Pizza (v)<br/>93127257</p>  | <p>Margherita Pizza (v)<br/>93127257</p>   | <p>Margherita Pizza (v)<br/>93127257</p>   |

Wholegrain \* Oily Fish \*\*\*

## GLOBAL ADVENTURE FFL WEEK 2

|                          | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|--------------------------|---|--|--|--|--|
| <b>GLOBAL ADVENTURE</b>  | <p style="text-align: center;"><b>BRITISH</b><br/>Cheese, Tomato and Potato Bake<br/>93153412</p> <p style="text-align: center;">Carrots<br/>93065561<br/>and<br/>Peas<br/>93065563</p> | <p style="text-align: center;"><b>CHINESE</b><br/>Lemon and Ginger Chicken<br/>93162901</p> <p style="text-align: center;">Wholegrain Rice *<br/>93109633</p> <p style="text-align: center;">Wok Tossed Oriental Vegetables<br/>93130848</p> | <p style="text-align: center;"><b>MEDITERRANEAN</b><br/>Spanish Beef Hash<br/>93162892</p> <p style="text-align: center;">Garlic and Herb Bread* (no oil)<br/>93154277</p> <p style="text-align: center;">Lemon and Garlic Broccoli<br/>93162905</p> | <p style="text-align: center;"><b>JAPANESE</b><br/>Teriyaki Chicken thigh<br/>93128109</p> <p style="text-align: center;">Japanese Noodles<br/>93163113</p> <p style="text-align: center;">Pickled Cucumber Salad<br/>93128253</p> | <p style="text-align: center;"><b>BRITISH</b><br/>Home-made Battered Fish Fillet<br/>93105116</p> <p style="text-align: center;">Chips (oil)<br/>93124814</p> <p style="text-align: center;">Baked Beans<br/>93162619<br/>OR<br/>Peas<br/>93065563</p> |
| <b>HIGH STREET FAVES</b> | <p style="text-align: center;"><b>DEEP SOUTH DINER</b><br/>Chipotle BBQ Pork<br/>93080520</p>   | <p style="text-align: center;"><b>WINGS &amp; THINGS</b><br/>Special Marinated Roast Chicken<br/>Drumsticks with BBQ or Sticky Tabasco<br/>93130941</p>  | <p style="text-align: center;"><b>DEEP SOUTH DINER</b><br/>Piri Piri Pulled Pork Burger<br/>93162908</p>   | <p style="text-align: center;"><b>WINGS &amp; THINGS</b><br/>Marinated Chicken Wrap<br/>93131218</p>   | <p style="text-align: center;"><b>DEEP SOUTH DINER</b><br/>Creamy Fish Pasta Bake ***<br/>93162896<br/>(oily fish)</p>   |
|                          | <p style="text-align: center;">Quorn Sausage Pattie &amp; Cheese Bun<br/>93133732</p>   | <p style="text-align: center;">Smoky Cauliflower Cheese<br/>93156770</p>   | <p style="text-align: center;">Louisiana Bean Pot<br/>93159955</p>   | <p style="text-align: center;">Mac 'N' Cheese<br/>93127228</p>   | <p style="text-align: center;">Corn, Black Eye Bean and Feta Soft Taco<br/>93162914</p>  |
|                          | <p style="text-align: center;">Paprika Potato Wedges (no oil)<br/>93157066</p>  | <p style="text-align: center;">Garlic and Herb Bread* (no oil)<br/>93154277</p>  | <p style="text-align: center;">Fajita Potato Wedges (no oil)<br/>93163193</p>  | <p style="text-align: center;">Cajun Potato Wedges (no oil)<br/>93157065</p>   | <p style="text-align: center;">Mississippi Rice *<br/>93101311</p>   |
|                          | <p style="text-align: center;">Red Slaw<br/>93130896</p>  | <p style="text-align: center;">BBQ Beans<br/>93129227</p>  | <p style="text-align: center;">Sweetcorn<br/>93094208</p>  | <p style="text-align: center;">Apple Slaw<br/>93129265</p>   | <p style="text-align: center;">Crunchy Salad<br/>93142224</p>  |
| <b>SPEEDY ITALIAN</b>    | <p style="text-align: center;">Veggie Hot One Pizza (v)<br/>93147968</p>  | <p style="text-align: center;">Cajun Chicken Sizzler Pizza<br/>93148005</p>  | <p style="text-align: center;">Veggie Supreme Pizza (v)<br/>93147947</p>   | <p style="text-align: center;">Bacon Pizza<br/>93127250</p>  | <p style="text-align: center;">Sicilian Cheese &amp; Tomato Pizza (V)<br/>93148000</p>   |
|                          | <p style="text-align: center;">Arrabiata Pasta (v)<br/>93147953</p>   | <p style="text-align: center;">Herby Tomato Pasta (v)<br/>93147954</p>   | <p style="text-align: center;">BBQ Chicken Pasta*<br/>93147137</p>   | <p style="text-align: center;">Beef Bolognese<br/>93102799</p>   | <p style="text-align: center;">Italian Chicken Pasta<br/>93147955</p>  |
|                          | <p style="text-align: center;">Margherita Pizza (v)<br/>93127257</p>  | <p style="text-align: center;">Margherita Pizza (v)<br/>93127257</p>   | <p style="text-align: center;">Margherita Pizza (v)<br/>93127257</p>   | <p style="text-align: center;">Margherita Pizza (v)<br/>93127257</p>   | <p style="text-align: center;">Margherita Pizza (v)<br/>93127257</p>   |

Wholegrain \* Oily Fish \*\*\*

## GLOBAL ADVENTURE FFL WEEK 3

|                          | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--------------------------|--|---|---|---|--|
| <b>GLOBAL ADVENTURE</b>  | <p><b>THAI</b><br/>Thai Yellow Vegetable Curry<br/>93130657</p> <p>Wholegrain Rice *<br/>93109633</p> <p>Lightly Spiced Sweetcorn with Lime<br/>93143075</p> | <p><b>MEDITERANNEAN</b><br/>Chicken Gyros<br/>93162890</p> <p>Crunchy Salad<br/>93142224</p>                                    | <p><b>MEXICAN</b><br/>Chipotle Beef Chilli<br/>93162848</p> <p>Creamed Potatoes<br/>93095567</p> <p>Roasted Vegetables<br/>93042664</p> | <p><b>CARIBBEAN</b><br/>Trinidad Chicken Rice<br/>93162846</p> <p>Orange and Cumin Roasted Carrots<br/>93162909</p> | <p><b>BRITISH</b><br/>Home-made Battered Fish Fillet<br/>93105116</p> <p>Chips (oil)<br/>93124814</p> <p>Baked Beans<br/>93162619<br/>OR<br/>Peas<br/>93065563</p> |
| <b>HIGH STREET FAVES</b> | <p><b>DEEP SOUTH DINER</b><br/>Cheese Burger<br/>93156796</p>  | <p><b>WINGS &amp; THINGS</b><br/>Special Marinated Roast Chicken<br/>Drumsticks with BBQ or Sticky<br/>Tabasco<br/>93130941</p> | <p><b>DEEP SOUTH DINER</b><br/>BBQ Chicken Mac N Cheese<br/>93162906</p>  | <p><b>WINGS &amp; THINGS</b><br/>Cajun Pulled Pork &amp; Bean Pitta<br/>93147141</p>                                | <p><b>DEEP SOUTH DINER</b><br/>Smoky Chicken Wrap<br/>93154280</p>   |
|                          | <p>Butternut Squash Feta Bake<br/>93159973</p>   | <p>Vegetable Chilli<br/>93127708</p>  | <p>Cajun Vegetable Burrito<br/>93148008</p>   | <p>Cauliflower and Creamed Corn Bake<br/>93130867</p>   | <p>Feta and Chickpea Cake with Salsa<br/>93086621</p>  |
|                          | <p>Chipotle Potato Wedges (no oil)<br/>93163112</p>  | <p>Golden Rice &amp; Beans<br/>93162916</p>   | <p>Baked Garlic &amp; Herb Potato Wedges<br/>(no oil)<br/>93157067</p>  | <p>Paprika Potato Wedges (no oil)<br/>93157066</p>  | <p>Mexican Yellow Rice *<br/>93156761</p>  |
|                          | <p>Chop Chop Salad<br/>93153242</p>  | <p>Southern Greens<br/>93154278</p>   | <p>Crunchy Raw Slaw<br/>93162913</p>  | <p>BBQ Beans<br/>93129227</p>   | <p>Tomato, Red Onion and Lentil Salad<br/>93162917</p>   |
| <b>SPEEDY ITALIAN</b>    | <p>Veggie Hot One Pizza (v)<br/>93147968</p>   | <p>3 Cheese Sicilian Pizza (v)<br/>93147949</p>   | <p>Mushroom &amp; Sweetcorn Pizza (v)<br/>93148003</p>  | <p>Sicilian Cheese &amp; Tomato Pizza (V)<br/>93148000</p>  | <p>Chicken Supreme Pizza<br/>93147969</p>  |
|                          | <p>Cheesy Penne Pasta (v)<br/>93148006</p>   | <p>Neapolitan Beany Pasta<br/>93153362</p>  | <p>Herby Tomato Pasta (v)<br/>93147954</p>  | <p>Carbonara Pasta<br/>93102881</p>   | <p>Beef Bolognaise<br/>93102799</p>  |
|                          | <p>Margherita Pizza (v)<br/>93127257</p>   | <p>Margherita Pizza (v)<br/>93127257</p>  | <p>Margherita Pizza (v)<br/>93127257</p>  | <p>Margherita Pizza (v)<br/>93127257</p>  | <p>Margherita Pizza (v)<br/>93127257</p>   |

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