

## WEEK 1

|                          | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|--------------------------|---|--|--|--|--|
| <b>GLOBAL ADVENTURE</b>  | <p><b>THAI</b><br/>Thai Yellow Curry with Vegetables and Lentils(v)</p> <p>Sticky Jasmine Rice</p> <p>Sweet Chilli Broccoli</p> | <p><b>CHINESE</b><br/>BBQ Mandarin Pork</p> <p>Beggars Noodles</p> <p>Wok Tossed Oriental Vegetables</p> | <p><b>INDIAN</b><br/>Chicken Tikka Masala</p> <p>Jeera Aloo (cumin flavoured potato)</p> <p>Chana Saag (Indian Spiced Spinach)</p> | <p><b>MEXICAN</b><br/>Mexican Beef Chilli</p> <p>Wholegrain Rice*</p> <p>Charred Courgette Pico De Gallo</p> | <p><b>BRITISH</b><br/>Home-made Battered Fish Fillet</p> <p>Paprika Dusted Chips</p> <p>Mushy Peas</p> |
| <b>HIGH STREET FAVES</b> | <p><b>DEEP SOUTH DINER</b><br/>Spicy Quorn Dog</p>  | <p><b>WINGS &amp; THINGS</b><br/>Chicken Thigh Flatbread Wrap with Lemon &amp; Herb or Piri Piri</p>     | <p><b>DEEP SOUTH DINER</b><br/>Ultimate Beef Burger</p>  | <p><b>WINGS &amp; THINGS</b><br/>Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco</p>   | <p><b>DEEP SOUTH DINER</b><br/>Cajun Pulled Pork &amp; 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 &amp; Halloumi Skewers (v)</p>   | <p>Spicy Veg &amp; Bean Quesadilla (v)</p>   |
|                          | <p>Cajun Wedges</p>   | <p>Spicy Rice</p>  | <p>Baked Garlic &amp; Herb Wedges</p>  | <p>Mashed Potato</p>   | <p>Paprika Dusted Chips</p>  |
|                          | <p>Caesar Salad</p>   | <p>Chilli Sweetcorn</p>  | <p>Green Salad</p>   | <p>Sweet Chilli Beans</p>  | <p>Apple Slaw</p>  |

## WEEK 2

|                          | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--------------------------|--|---|--|---|---|
| <b>GLOBAL ADVENTURE</b>  | <p><b>INDIAN</b><br/>Roast Cauli Chick Pea Korma</p> <p>Naan</p> <p>Tarka Dhal</p> | <p><b>CARIBBEAN</b><br/>Beef Pepperpot Stew</p> <p>Herb Dumpling</p> <p>Mixed Greens</p>  | <p><b>BRITISH</b><br/>Roast Pork &amp; Apple Sauce</p> <p>Roast Potatoes</p> <p>Peas &amp; Carrots</p>   | <p><b>JAPANESE</b><br/>Teriyaki Chicken Thigh</p> <p>Wholegrain Rice*</p> <p>Pickled Cucumber with Chilli</p> | <p><b>THAI</b><br/>Fishcakes</p> <p>Chipped Potatoes</p> <p>Som Tam Green Mango Salad</p> |
| <b>HIGH STREET FAVES</b> | <p><b>DEEP SOUTH DINER</b><br/>BBQ Pulled Quorn Wrap (v)</p>                       | <p><b>WINGS &amp; THINGS</b><br/>Chicken Thigh Ciabatta brushed with BBQ or Piri Piri</p> | <p><b>WINGS &amp; THINGS</b><br/>Roast Chicken Wings brushed with Sticky Tabasco or Lemon &amp; Herb</p> | <p><b>DEEP SOUTH DINER</b><br/>Lettuce Beef Burger with Sweet Tomato Salsa</p>                                | <p><b>DEEP SOUTH DINER</b><br/>Texas BBQ Chicken</p>                                      |
|                          | <p>Veggie Quarter Pounder (v)</p>  | <p>Veggie Chilli Tacos (v)</p>  | <p>Sweet Potato &amp; Black Bean Enchilada (v)</p>   | <p>Tabasco Spiced Jambalaya (v)</p>   | <p>Feta &amp; Beetroot Burger (v)</p>   |
|                          | <p>Paprika Wedges</p>  | <p>Spicy Rice</p>   | <p>Baked Garlic &amp; Herb Wedges</p>  | <p>Baked Spicy Sweet Potato</p>   | <p>Chipped Potatoes</p>   |
|                          | <p>House Slaw</p>  | <p>BBQ Beans</p>  | <p>Sweet Chilli Slaw</p>   | <p>Crunchy Salad</p>  | <p>Corn on the Cob</p>  |



## WEEK 3

|                          | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--------------------------|--|--|--|--|---|
| <b>GLOBAL ADVENTURE</b>  | <p><b>CHINESE</b><br/>Mushroom Foo Yung</p> <p>Singapore Rice Noodles</p> <p>Stir Fried Greens</p> | <p><b>CARIBBEAN</b><br/>Chilli Barbecued Pork</p> <p>Wholegrain Rice*</p> <p>Caribbean Stewed Tomatoes &amp; Beans</p> | <p><b>MEXICAN</b><br/>Beef Birria Taco</p> <p>Potato &amp; Onion Hash</p> <p>Sweetcorn</p> | <p><b>BRITISH</b><br/>Creamy Chicken &amp; Mushroom Pot</p> <p>Mashed Potato</p> <p>Broccoli</p> | <p><b>JAPANESE</b><br/>Tempura Battered Fish Fillet &amp; Katsu Sauce</p> <p>Chipped Potatoes</p> <p>Peas</p> |
| <b>HIGH STREET FAVES</b> | <p><b>DEEP SOUTH DINER</b><br/>Quorn Burger in a Bun with Tomato Relish</p>                        | <p><b>WINGS &amp; THINGS</b><br/>Roast Chicken Wings brushed with Lemon &amp; Herb or Sticky Tabasco</p>               | <p><b>WINGS &amp; THINGS</b><br/>Chicken Thigh Wrap Piri Piri or BBQ</p>                   | <p><b>DEEP SOUTH DINER</b><br/>New York Hot Dog</p>  | <p><b>DEEP SOUTH DINER</b><br/>Chilli Beef Nachos</p>   |
|                          | <p>Cauliflower &amp; Creamed Corn Bake (v)</p>   | <p><b>Halloumi &amp; Mushroom Wrap (v)</b></p>   | <p>Black Eyed Bean Veggie Burger (v)</p>   | <p>Sweet Potato Gumbo (v)</p>  | <p>Lentil, Pepper &amp; Sweetcorn Sloppy Joe</p>  |
|                          | <p>Baked Spicy Sweet Potato</p>  | <p>Tex Mex Rice</p>  | <p>Paprika Wedges</p>  | <p>Garlic Bread*</p>   | <p>Chipped Potatoes</p>   |
|                          | <p>Red Slaw</p>  | <p>Coriander &amp; Chilli Corn on the Cob</p>  | <p>House Slaw</p>  | <p>Crushed Chilli Peas</p>   | <p>BBQ Beans</p>  |

