

GLOBAL ADVENTURE WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>MEXICAN Chicken Molay</p> <p>Mexican Yellow Rice *</p> <p>Green Beans</p>	<p>CHINESE Aromatic Soy Pork with Egg Noodles</p> <p>Wok Tossed Oriental Vegetables</p>	<p>MEDITERRANEAN Beef Pasticcio</p> <p>Garlic and Herb Bread Wedge *</p> <p>Broccoli</p>	<p>MEXICAN Chicken Tinga Tortilla</p> <p>Tomato and Corn Rice</p> <p>Apple Slaw</p>	<p>BRITISH Home-made Battered Fish Fillet</p> <p>Chips (oil)</p> <p>Baked Beans OR Peas</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER Bacon Mac n Cheese</p>	<p>WINGS & THINGS Lemon Piri Chicken Pitta</p>	<p>DEEP SOUTH DINER Ultimate Cheese Burger</p>	<p>WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco</p>	<p>DEEP SOUTH DINER Deep South Turkey Burger</p>
	<p>Cajun Bean and Feta Burger</p>	<p>Smoky Cauliflower Cheese</p>	<p>Sweet Potato & Squash Stew</p>	<p>Sweetcorn Chickpea Veggie Burger</p>	<p>Boston Bean Casserole</p>
	<p>Paprika Potato Wedges (no oil)</p>	<p>New Orleans Red Bean Rice</p>	<p>Cajun Potato Wedges (no oil)</p>	<p>Potato and Onion Hash</p>	<p>Chips (oil)</p>
	<p>BBQ Beans</p>	<p>Chop Chop Salad</p>	<p>Peas</p>	<p>Caesar Salad</p>	<p>Corn Slaw</p>
SPEEDY ITALIAN	<p>Veggie Supreme Pizza (v)</p>	<p>3 Cheese Sicilian Pizza (v)</p>	<p>Hawaiian Pizza</p>	<p>Bacon Pizza</p>	<p>Veggie Hot One Pizza (v)</p>
	<p>Veg Bolognese Pasta (v)</p>	<p>Arrabiata Pasta (v)</p>	<p>Chunky Vegetable Pasta</p>	<p>Beef Lasagne</p>	<p>Herby Tomato Pasta (v)</p>
	<p>Margherita Pizza (v)</p>	<p>Margherita Pizza (v)</p>	<p>Margherita Pizza (v)</p>	<p>Margherita Pizza (v)</p>	<p>Margherita Pizza (v)</p>

Wholegrain * Oily Fish ***

GLOBAL ADVENTURE WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>MEDITERRANEAN Moroccan Style Chicken Stew</p> <p>Spiced Cous Cous</p> <p>Broccoli</p>	<p>CHINESE Five Spiced Beef</p> <p>Chinese Style Rice</p> <p>Sweetcorn</p>	<p>BRITISH Roast Pork</p> <p>Roast Potatoes (oil)</p> <p>Seasonal Cabbage</p> <p>Carrots</p> <p>Gravy</p>	<p>JAPANESE Teriyaki Glazed Chicken Thigh</p> <p>Pineapple Rice *</p> <p>Pickled Cucumber Salad</p>	<p>BRITISH Fisherman's Pie *** (oily fish)</p> <p>Peas</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER New York Hot Dog</p>	<p>WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco</p>	<p>DEEP SOUTH DINER Beef Burger</p>	<p>WINGS & THINGS Chicken Mayo Bun</p>	<p>DEEP SOUTH DINER Chipotle Bbq Pork</p>
	Louisiana Bean Pot	Cauliflower and Creamed Corn Bake	Sweet Potato & Black Bean Enchilada	Butternut Squash Feta Bake	Quorn Sausage Pattie & Cheese Bun
	Paprika Potato Wedges (no oil)	Garlic Bread* (no oil)	Baked Garlic & Herb Potato Wedges (no oil)	Cajun Potato Wedges (no oil)	Garlic Fries
	Red Slaw	Southern Greens	Peas	Corn on the Cob	American Style Slaw
SPEEDY ITALIAN	Veggie Hot One Pizza (v)	Chicken Supreme Pizza	Veggie Supreme Pizza (v)	Bacon Pizza	Sicilian Cheese & Tomato Pizza (V)
	Arrabiata Pasta (v)	Herby Tomato Pasta (v)	BBQ Chicken Pasta*	Beef Lasagne	Italian Chicken Pasta
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

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GLOBAL ADVENTURE WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p style="text-align: center;">INDIAN Chickpea and Tomato Masala</p> <p style="text-align: center;">Naan Bread</p> <p style="text-align: center;">Cucumber Raita</p>	<p style="text-align: center;">CARIBBEAN Cuban Style Chicken</p> <p style="text-align: center;">Wholegrain Rice *</p> <p style="text-align: center;">Peas</p>	<p style="text-align: center;">MEXICAN Beef Birria</p> <p style="text-align: center;">Mashed Potato</p> <p style="text-align: center;">Roasted Broccoli and Peppers</p>	<p style="text-align: center;">THAI Chicken Pad Khing</p> <p style="text-align: center;">Sweetcorn</p>	<p style="text-align: center;">BRITISH Home-made Battered Fish Fillet</p> <p style="text-align: center;">Chips (oil)</p> <p style="text-align: center;">Baked Beans</p> <p style="text-align: center;">OR Peas</p>
HIGH STREET FAVES	<p style="text-align: center;">DEEP SOUTH DINER Beef Chilli</p>	<p style="text-align: center;">WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco</p>	<p style="text-align: center;">DEEP SOUTH DINER Quorn Cheese Burger</p>	<p style="text-align: center;">WINGS & THINGS Chicken Caesar Burger</p>	<p style="text-align: center;">DEEP SOUTH DINER Cajun Pulled Pork & Bean Pitta</p>
	<p style="text-align: center;">Smoked Houmous and Vegetable Wrap</p>	<p style="text-align: center;">Veg & Bean Quesadilla</p>	<p style="text-align: center;">Loaded Triple Mac 'N' Cheese</p>	<p style="text-align: center;">Bean and Vegetable Chilli</p>	<p style="text-align: center;">Feta and Chickpea Cake with Salsa</p>
	<p style="text-align: center;">Lemon and Herb Piri Rice</p>	<p style="text-align: center;">Pasta Salad *</p>	<p style="text-align: center;">Baked Garlic & Herb Potato Wedges (no oil)</p>	<p style="text-align: center;">Paprika Potato Wedges (no oil)</p>	<p style="text-align: center;">Chips (oil)</p>
	<p style="text-align: center;">Corn on the Cob</p>	<p style="text-align: center;">House Slaw</p>	<p style="text-align: center;">BBQ Beans</p>	<p style="text-align: center;">Chop Chop Salad</p>	<p style="text-align: center;">Pineapple Coleslaw</p>
SPEEDY ITALIAN	<p style="text-align: center;">Veggie Hot One Pizza (v)</p>	<p style="text-align: center;">3 Cheese Sicilian Pizza (v)</p>	<p style="text-align: center;">Mushroom & Sweetcorn Pizza (v)</p>	<p style="text-align: center;">Sicilian Cheese & Tomato Pizza (V)</p>	<p style="text-align: center;">Cajun Chicken Sizzler Pizza</p>
	<p style="text-align: center;">Cheesy Penne Pasta (v)</p>	<p style="text-align: center;">Chicken And Tomato Pasta Bake</p>	<p style="text-align: center;">Herby Tomato Pasta (v)</p>	<p style="text-align: center;">Carbonara Pasta</p>	<p style="text-align: center;">Beef Lasagne</p>
	<p style="text-align: center;">Margherita Pizza (v)</p>	<p style="text-align: center;">Margherita Pizza (v)</p>	<p style="text-align: center;">Margherita Pizza (v)</p>	<p style="text-align: center;">Margherita Pizza (v)</p>	<p style="text-align: center;">Margherita Pizza (v)</p>

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