

**WEEK 1 – 17/4/17, 8/5/17, 29/5/17, 19/6/17, 10/7/17**

|                          | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  |
|--------------------------|--|--|---|---|--|
| <b>GLOBAL ADVENTURE</b>  | <b>MEXICAN</b><br>Mexican Beef Chilli<br><br>Wholegrain Rice*<br><br>Charred Courgette Pico De Gallo | <b>CHINESE</b><br>BBQ Mandarin Pork<br><br>Beggars Noodles<br><br>Wok Tossed Oriental Vegetables | <b>ROAST</b><br>Roast Beef & Yorkshire pudding<br><br>Roast Potato<br><br>Carrots & Cauliflower | <b>THAI</b><br>Sweet & Sour Chicken<br><br>Sticky Jasmine Rice<br><br>Sweet Chilli Broccoli | <b>BRITISH</b><br>Battered Fish Fillet<br><br>Oven Chips<br><br>Mushy Peas |
| <b>HIGH STREET FAVES</b> | <b>DEEP SOUTH DINER</b><br>Spicy Quorn Dog   | <b>WINGS &amp; THINGS</b><br>Chicken Thigh Flatbread Wrap with Lemon & Herb                      | <b>DEEP SOUTH DINER</b><br>Ultimate Beef Burger   | <b>WINGS &amp; THINGS</b><br>Special Marinated Roast Chicken Drumsticks with                | <b>DEEP SOUTH DINER</b><br>Cajun Pulled Pork & Bean Pitta                  |
|                          | Loaded Triple Mac 'N' Cheese (v)   | BBQ Boston Beans in a Steamed Bun  | Burrito Mexican Spicy Quorn   | Grilled Piri Butternut & Halloumi Skewers (v)   | Spicy Veg & Bean Quesadilla (v)  |
|                          | Cajun Wedges   | Spicy Rice   | Baked Garlic & Herb Wedges  | Mashed Potato   | Oven Chips   |
|                          | Caesar Salad   | Chilli Sweetcorn   | Green Salad   | Sweet Chilli Beans  | Apple Slaw   |
| <b>SPEEDY ITALIAN</b>    | Veggie Supreme Pizza (v)   | Tuna & Sweetcorn Pizza   | Hawaiian Pizza  | 3 Cheese Sicilian Pizza (v)   | BBQ Chicken Pizza  |
|                          | Veg Bolognese Pasta (v)  | Quorn & Vegetable Lasagne (v)  | Arrabiata Pasta (v)   | Turkey Meatball Pasta Bake*   | Herby Tomato Pasta (v)   |
|                          | Margherita Pizza (v)   | Margherita Pizza (v)   | Margherita Pizza (v)  | Margherita Pizza (v)  | Margherita Pizza (v)   |

**WEEK 2 – 24/4/17, 15/5/17, 5/6/17, 26/6/17, 17/7/17**

|                          | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   |
|--------------------------|---|--|---|--|---|
| <b>GLOBAL ADVENTURE</b>  | <p><b>JAPANESE</b><br/>Teriyaki Chicken Thigh</p> <p>Wholegrain Rice*</p> <p>Pickled Cucumber with Chilli</p> | <p><b>CARIBBEAN</b><br/>Beef Pepperpot Stew</p> <p>Herb Dumpling</p> <p>Mixed Greens</p> | <p><b>ROAST</b><br/>Roast Pork &amp; Stuffing</p> <p>Roast Potatoes</p> <p>Peas &amp; Carrots</p> | <p><b>INDIAN</b><br/>Chicken Tikka Masala</p> <p>Naan</p> <p>Wholegrain rice</p>     | <p><b>BRITISH</b><br/>Battered Fish Fillet</p> <p>Oven chips</p> <p>Garden peas</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</p>             | <p><b>DEEP SOUTH DINER</b><br/>Lettuce Beef Burger with Sweet Tomato Salsa</p>                    | <p><b>WINGS &amp; THINGS</b><br/>Roast Chicken Wings brushed with Sticky Tabasco</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>Oven Chips</p>   |
|                          | <p>House Slaw</p>   | <p>BBQ Beans</p>   | <p>Sweet Chilli Slaw</p>  | <p>Crunchy Salad</p>   | <p>Corn on the Cob</p>  |
| <b>SPEEDY ITALIAN</b>    | <p>Veggie Hot One Pizza (v)</p>   | <p>Chicken Supreme Pizza</p>   | <p>Veggie Supreme Pizza (v)</p>   | <p>Bacon Pizza</p>   | <p>Sicilian Cheese &amp; Tomato Pizza (v)</p>                                       |
|                          | <p>Arrabiata Pasta (v)</p>  | <p>Veggie Lasagne (v)</p>  | <p>BBQ Chicken Pasta*</p>   | <p>Beef Lasagne</p>  | <p>Italian Chicken Pasta</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>   |

**WEEK 3 – 1/5/17, 22/5/17, 12/6/17, 3/7/17**

|                          | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   |
|--------------------------|--|---|---|---|---|
| <b>GLOBAL ADVENTURE</b>  | <p><b>ITALIAN</b></p> <p>Lasgane</p> <p>Garlic bread</p> <p>Mixed salad</p>    | <p><b>CARIBBEAN</b></p> <p>Chilli Barbecued Pork</p> <p>Wholegrain Rice*</p> <p>Caribbean Stewed Tomatoes &amp; Beans</p> | <p><b>ROAST</b></p> <p>Roast Turkey Sage &amp; Onion Stuffing</p> <p>Roast Potato</p> <p>Broccoli &amp; Swede</p> | <p><b>MEXICAN</b></p> <p>Beef Birria Taco</p> <p>Potato &amp; Onion Hash</p> <p>Sweetcorn</p> | <p><b>BRITISH</b></p> <p>Battered Fish Fillet</p> <p>Oven Chips</p> <p>Mushy Peas</p> |
| <b>HIGH STREET FAVES</b> | <p><b>DEEP SOUTH DINER</b></p> <p>Quorn Burger in a Bun with Tomato Relish</p> | <p><b>WINGS &amp; THINGS</b></p> <p>Roast Chicken Wings brushed with Lemon &amp; Herb</p>                                 | <p><b>DEEP SOUTH DINER</b></p> <p>New York Hot Dog</p>  | <p><b>WINGS &amp; THINGS</b></p> <p>Chicken Thigh Wrap BBQ</p>                                | <p><b>DEEP SOUTH DINER</b></p> <p>Chilli Beef Nachos</p>                              |
|                          | <p>Cauliflower &amp; Creamed Corn Bake (v)</p>                                 | <p>Halloumi &amp; Mushroom Wrap (v)</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 (no oil)</p>                                       | <p>Tex Mex Rice</p>   | <p>Paprika Wedges</p>   | <p>Garlic Bread</p>   | <p>Oven Chips</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>  |
| <b>SPEEDY ITALIAN</b>    | <p>Veggie Hot One Pizza (v)</p>  | <p>3 Cheese Sicilian Pizza (v)</p>  | <p>Mushroom &amp; Sweetcorn Pizza (v)</p>   | <p>Sicilian Meat Feast Pizza</p>  | <p>Cajun Chicken Sizzler Pizza</p>  |
|                          | <p>Cheesy Penne Pasta (v)</p>  | <p>Chicken &amp; Tomato Pasta Bake*</p>   | <p>Carbonara Pasta</p>  | <p>Spinach &amp; Soft Cheese Lasagne (v)</p>  | <p>Pasta Neapolitan* (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>   |