

## LUNCH WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>THAI</b> Thai Red Chicken Curry</p> <p>Sticky Jasmine Rice</p> <p>Sweet Chilli Broccoli</p>	<p><b>CHINESE</b> BBQ Mandarin Pork</p> <p>Beggars Noodles</p> <p>Wok Tossed Oriental Vegetables</p>	<p><b>INDIAN</b> Chicken Tikka Masala</p> <p>Jeera Aloo (cumin flavoured potato)</p> <p>Chana Saag (Indian Spiced Spinach)</p>	<p><b>MEXICAN</b> Mexican Beef Chilli</p> <p>Wholegrain Rice*</p> <p>Charred Courgette Pico De Gallo</p>	<p><b>BRITISH</b> Home-made Battered Pollack</p> <p>Paprika Dusted Chips</p> <p>Mushy Peas</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> Spicy Quorn Dog</p>	<p><b>WINGS &amp; THINGS</b> Chicken Thigh Flatbread Wrap with Lemon &amp; Herb or Piri Piri</p>	<p><b>DEEP SOUTH DINER</b> Ultimate Beef Burger</p>	<p><b>WINGS &amp; THINGS</b> Special Marinated Roast Chicken Drumsticks with Bbq or Sticky Tabasco</p>	<p><b>DEEP SOUTH DINER</b> Cajun Pulled Pork &amp; Bean Pitta</p>
	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	Paprika Dusted 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 Sauce (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)
<b>DESSERT</b>	Plum & Cinnamon Twice Baked Crumble with Custard	Peach Melba Slice	Apple and Blackberry Pie with Custard	Bread and Butter Pudding with Custard	Yoghurt with Warm Berry Compote

## LUNCH WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<b>INDIAN</b> Butter Chicken  Naan  Tarka Dhal	<b>CARIBBEAN</b> Beef Pepperpot Stew  Herb Dumpling  Mixed Greens	<b>BRITISH</b> Roast Pork & Apple Sauce  Roast Potatoes  Peas & Carrots	<b>JAPANESE</b> Teriyaki Chicken Thigh  Wholegrain Rice*  Pickled Cucumber with Chilli	<b>THAI</b> Fishcakes  Baked Garlic & Herb Wedges  Som Tam Green Mango Salad
<b>HIGH STREET FAVES</b>	<b>DEEP SOUTH DINER</b> BBQ Pulled Quorn Wrap (v)	<b>WINGS &amp; THINGS</b> Chicken Thigh Ciabatta brushed with BBQ or Piri Piri	<b>DEEP SOUTH DINER</b> Lettuce Beef Burger with Sweet Tomato Salsa	<b>WINGS &amp; THINGS</b> Roast Chicken Wings brushed with Sticky Tabasco or Lemon & Herb	<b>DEEP SOUTH DINER</b> Texas Bbq Chicken
	Veggie Quarter Pounder (v)	Veggie Chilli Tacos (v)	Sweet Potato & Black Bean Enchilada (v)	Tabasco Spiced Jambalaya (v)	Feta & Beetroot Burger (v)
	Paprika Wedges	Spicy Rice	Chips	Baked Spicy Sweet Potato	Baked Garlic & Herb Wedges
	House Slaw	BBQ Beans	Sweet Chilli Slaw	Crunchy Salad	Corn on the Cob
<b>SPEEDY ITALIAN</b>	Veggie Hot One Pizza (v)	Chicken Supreme Pizza	Veggie Supreme Pizza (v)	Bacon Pizza	Sicilian Cheese & Tomato Pizza (V)
	Arrabiata Pasta (v)	Veggie Lasagne (v)	BBQ Chicken Pasta*	Beef Lasagne	Italian Chicken Pasta
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)
<b>DESSERT</b>	Warm Lemon and Almond Pudding with Custard	Chocolate Brownie and Vanilla sauce	Apple and Cinnamon Brown Betty with Custard	Vanilla and Coconut Rice Pudding	Seasonal Fruit salad (fruit Based)

## LUNCH WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>CHINESE</b> Mongolian Beef Lions Head Meatballs</p> <p>Singapore Rice Noodles</p> <p>Stir Fried Greens</p>	<p><b>CARIBBEAN</b> Chilli Barbecued Pork</p> <p>Wholegrain Rice*</p> <p>Caribbean Stewed Tomatoes &amp; Beans</p>	<p><b>MEXICAN</b> Beef Birria</p> <p>Potato &amp; Onion Hash</p> <p>Sweetcorn</p>	<p><b>BRITISH</b> Creamy Chicken &amp; Mushroom Pot</p> <p>Mashed Potato</p> <p>Broccoli</p>	<p><b>JAPANESE</b> Tempura Battered Pollack &amp; Katsu Sauce</p> <p>Chips</p> <p>Peas</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> Quorn Burger in a Bun with Tomato Relish</p>	<p><b>WINGS &amp; THINGS</b> Roast Chicken Wings brushed with Lemon &amp; Herb or Sticky Tabasco</p>	<p><b>DEEP SOUTH DINER</b> New York Hot Dog</p>	<p><b>WINGS &amp; THINGS</b> Chicken Thigh Wrap Piri Piri or BBQ</p>	<p><b>DEEP SOUTH DINER</b> Chilli Beef Nachos</p>
	Cauliflower & Creamed Corn Bake (v)	Halloumi & Mushroom Wrap (v)	Black Eyed Bean Veggie Burger (v)	Sweet Potato Gumbo (v)	Lentil, Pepper & Sweetcorn Sloppy Joe
	Baked Spicy Sweet Potato (no oil)	Tex Mex Rice	Paprika Wedges (no oil)	Garlic Bread*	Chips
	Red Slaw	Coriander & Chilli Corn on the Cob	House Slaw	Crushed Chilli Peas	BBQ Beans
<b>SPEEDY ITALIAN</b>	Veggie Hot One Pizza (v)	3 Cheese Sicilian Pizza (v)	Mushroom & Sweetcorn Pizza (v)	Sicilian Meat Feast Pizza	Cajun Chicken Sizzler Pizza
	Cheesy Penne Pasta (v)	Chicken & Tomato Pasta Bake*	Carbonara Pasta	Spinach & Soft Cheese Lasagne (v)	Pasta Neapolitan* (v)
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)
<b>DESSERT</b>	Apple Crumble with Custard (fruit Based)	Mango Fool	Blackberry and Coconut Slice	Sticky Toffee and Banana Pudding with Custard	Chocolate Sponge with Chocolate Sauce