

LUNCH WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>THAI Thai Red Chicken Curry</p> <p>Sticky Jasmine Rice</p> <p>Sweet Chilli Broccoli</p>	<p>CHINESE BBQ Mandarin Pork</p> <p>Beggars Noodles</p> <p>Wok Tossed Oriental Vegetables</p>	<p>INDIAN Chicken Tikka Masala</p> <p>Jeera Aloo (cumin flavoured potato)</p> <p>Chana Saag (Indian Spiced Spinach)</p>	<p>MEXICAN Mexican Beef Chilli</p> <p>Wholegrain Rice*</p> <p>Charred Courgette Pico De Gallo</p>	<p>BRITISH Home-made Battered Pollack</p> <p>Paprika Dusted Chips</p> <p>Mushy Peas</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER Spicy Quorn Dog</p>	<p>WINGS & THINGS Chicken Thigh Flatbread Wrap with Lemon & Herb or Piri Piri</p>	<p>DEEP SOUTH DINER Ultimate Beef Burger</p>	<p>WINGS & THINGS Special Marinated Roast Chicken Drumsticks with Bbq or Sticky Tabasco</p>	<p>DEEP SOUTH DINER Cajun Pulled Pork & 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
SPEEDY ITALIAN	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)
DESSERT	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
GLOBAL ADVENTURE	INDIAN Butter Chicken Naan Tarka Dhal	CARIBBEAN Beef Pepperpot Stew Herb Dumpling Mixed Greens	BRITISH Roast Pork & Apple Sauce Roast Potatoes Peas & Carrots	JAPANESE Teriyaki Chicken Thigh Wholegrain Rice* Pickled Cucumber with Chilli	THAI Fishcakes Baked Garlic & Herb Wedges Som Tam Green Mango Salad
HIGH STREET FAVES	DEEP SOUTH DINER BBQ Pulled Quorn Wrap (v)	WINGS & THINGS Chicken Thigh Ciabatta brushed with BBQ or Piri Piri	DEEP SOUTH DINER Lettuce Beef Burger with Sweet Tomato Salsa	WINGS & THINGS Roast Chicken Wings brushed with Sticky Tabasco or Lemon & Herb	DEEP SOUTH DINER 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
SPEEDY ITALIAN	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)
DESSERT	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
GLOBAL ADVENTURE	<p>CHINESE Mongolian Beef Lions Head Meatballs</p> <p>Singapore Rice Noodles</p> <p>Stir Fried Greens</p>	<p>CARIBBEAN Chilli Barbecued Pork</p> <p>Wholegrain Rice*</p> <p>Caribbean Stewed Tomatoes & Beans</p>	<p>MEXICAN Beef Birria</p> <p>Potato & Onion Hash</p> <p>Sweetcorn</p>	<p>BRITISH Creamy Chicken & Mushroom Pot</p> <p>Mashed Potato</p> <p>Broccoli</p>	<p>JAPANESE Tempura Battered Pollack & Katsu Sauce</p> <p>Chips</p> <p>Peas</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER Quorn Burger in a Bun with Tomato Relish</p>	<p>WINGS & THINGS Roast Chicken Wings brushed with Lemon & Herb or Sticky Tabasco</p>	<p>DEEP SOUTH DINER New York Hot Dog</p>	<p>WINGS & THINGS Chicken Thigh Wrap Piri Piri or BBQ</p>	<p>DEEP SOUTH DINER 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
SPEEDY ITALIAN	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)
DESSERT	Apple Crumble with Custard (fruit Based)	Mango Fool	Blackberry and Coconut Slice	Sticky Toffee and Banana Pudding with Custard	Chocolate Sponge with Chocolate Sauce