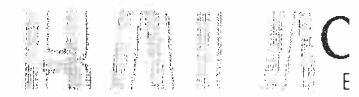


Week commencing 24th April,
15th May, 12th June, 3rd July, 4th
Sept, 25th Sept, 16th Oct, 13th Nov,
4th Dec.

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Global Adventure	INDIAN Roast Cauli Chick Pea Korma 93128069 Naan (no oil) 93034973 Tarka Dhal 93128103	CARIBBEAN Beef Pepperpot Stew 93131718 Herb Dumpling 93119376 Mixed Greens 93130890	BRITISH Roast Pork & Apple Sauce 93099012 Roast Potatoes 93035127 Peas & Carrots 93065563 & 93065561	JAPANESE Teriyaki Chicken Thigh 93128109 Wholegrain Rice* 93109633 Pickled Cucumber with Chilli 93128253	THAI Fishcakes 93130497 (oily fish) Baked Garlic & Herb Wedge 93131371 Som Tam Green Mango 93130506
High Street Faves	DEEP SOUTH DINER BBQ Pulled Quorn Wrap (v) 93131374	WINGS & THINGS Chicken Thigh Ciabatta brushed with BBQ or Piri Piri 93131217	DEEP SOUTH DINER Lettuce Beef Burger with Sweet Tomato Salsa 93129222	WINGS & THINGS Roast Chicken Wings brushed with Sticky Tabasco or Lemon & Herb 93131377	DEEP SOUTH DINER Texas BBQ Chicken 93131191
	Veggie Quarter Pounder (v) 93129224	Veggie Chilli Tacos (v) 93129225	Sweet Potato & Black Bean Enchilada (v) 93129220	Tabasco Spiced Jambalaya (v) 93132516	Feta & Beetroot Burge 93130899
	Paprika Wedges (no oil) 93130895	Spicy Rice 93131378	Chips (oil) 93124814	Baked Spicy Sweet Potato (no oil) 93130601	Baked Garlic & Herb Wedge 93131371
	House Slaw 93129626	BBQ Beans 93129227	Sweet Chilli Slaw 93129341	Crunchy Salad 93142224	Corn on the Cob 93130897
Speedy Italian	Veggie Hot One Pizza (v) 93128498	Chicken Supreme Pizza 93128497	Veggie Supreme Pizza (v) 93135569	Bacon Pizza 93041401	Sicilian Cheese & Tomato F 93137894
	Arrabiata Pasta (v) 93147953	Veggie Lasagne (v) 93147227	BBQ Chicken Pasta* 93147137	Beef Lasagne 93046483	Italian Chicken Pasta 93147955
	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388



WEEK COMMENCING 1st May, 22nd
 May, 19th June, 10th July, 11th Sept,
 2nd Oct, 30th Oct, 20th Nov, 11th
 Dec.

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	
Global Adventure	CHINESE Mushroom Foo Yung 93130849 Singapore Rice Noodles 93130823 Stir Fried Greens 93131280	CARIBBEAN Chilli Barbecued Pork 93146742 Wholegrain Rice* 93109633 Caribbean Stewed Tomatoes & Beans 93131642	MEXICAN Beef Birria Taco 93147225 Potato & Onion Hash 93147111 Sweetcorn 93094208	BRITISH Creamy Chicken & Mushroom Pot 93147109 Mashed Potato 93095567 Broccoli 93143358	JAPANESE Tempura Battered Fish Fil & Katsu Sauce 93143078 Chips (oil) 93124814 Peas 93065563	
	High Street Faves	DEEP SOUTH DINER Quorn Burger in a Bun with Tomato Relish 93037167	WINGS & THINGS Roast Chicken Wings brushed with Lemon & Herb or Sticky Tabasco 93131377	DEEP SOUTH DINER New York Hot Dog 93142777	WINGS & THINGS Chicken Thigh Wrap Piri Piri or BBQ 93131218	DEEP SOUTH DINER Chilli Beef Nachos 93142775
		Cauliflower & Creamed Corn Bake (v) 93130867	Halloumi & Mushroom Wrap (v) 93131405	Black Eyed Bean Veggie Burger (v) 93132515	Sweet Potato Gumbo (v) 93147289	Lentil, Pepper & Sweetcorn Slo 93147222
Baked Spicy Sweet Potato (no oil) 93130601		Tex Mex Rice 93131376	Paprika Wedges (no oil) 93130895	Garlic Bread* (oil) 93142383	Chips (oil) 93124814	
Red Slaw 93130896		Coriander & Chilli Corn on the Cob 93130898	House Slaw 93129626	Crushed Chilli Peas 93130894	BBQ Beans 93129227	
Speedy Italian	Veggie Hot One Pizza (v) 93128498	3 Cheese Sicilian Pizza (v) 93135631	Mushroom & Sweetcorn Pizza (v) 93147170	Sicilian Meat Feast Pizza 93135630	Cajun Chicken Sizzler Pizz 93128496	
	Cheesy Penne Pasta (v) 93143814	Chicken & Tomato Pasta Bake* 93102883	Carbonara Pasta 93137662 FFL - 93102881	Spinach & Soft Cheese Lasagne (v) 93147171	Pasta Neapolitan* (v) 93107566	
	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	



Week commencing 8th May, 5th

June, 26th June, 17th July, 18th

Sept, 9th Oct, 6th Nov, 27th Nov.

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	
Global Adventure	THAI Thai Yellow Curry with Vegetables and Lentils(v) 93130657 Sticky Jasmine Rice 93130509 Sweet Chilli Broccoli 93130610	CHINESE BBQ Mandarin Pork 93130787 Beggars Noodles 93131282 Wok Tossed Oriental Vegetables 93130848	INDIAN Chicken Tikka Masala 93128001 Jeera Aloo (cumin flavoured potato) 93128101 Chana Saag (Indian Spiced Spinach) 93128105	MEXICAN Mexican Beef Chilli 93129204 Wholegrain Rice* 93109633 Charred Courgette Pico De Gallo 93130870	BRITISH Home-made Battered Fish 93105116 Paprika Dusted Chips (o 93147136 Mushy Peas 93042663	
	High Street Faves	DEEP SOUTH DINER Spicy Quorn Dog 93109273	WINGS & THINGS Chicken Thigh Flatbread Wrap with Lemon & Herb or Piri Piri 93143054	DEEP SOUTH DINER Ultimate Beef Burger 93086625	WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941	DEEP SOUTH DINER Cajun Pulled Pork & Bean F 93147141
		Loaded Triple Mac 'N' Cheese (v) 93129233	Bbq Boston Beans in a Steamed Bun 93147287	Burrito Mexican Spicy Quorn 93106577	Grilled Piri Butternut & Halloumi Skewers (v) 93132517	Spicy Veg & Bean Quesadill 93086623
Cajun Wedges (no oil) 93130978		Spicy Rice 93131378	Baked Garlic & Herb Wedges (no oil) 93131371	Mashed Potato 93095567	Paprika Dusted Chips (oi 93147136	
Caesar Salad 93129328		Chilli Sweetcorn 93143075	Green Salad 93129329	Sweet Chilli Beans 93129326	Apple Slaw 93129265	
Speedy Italian	Veggie Supreme Pizza (v) 93135569	Tuna & Sweetcorn Pizza 93128495	Hawaiian Pizza 93128494	3 Cheese Sicilian Pizza (v) 93135631	BBQ Chicken Pizza 93041385	
	Veg Bolognese Pasta (v) 93102889	Quorn & Vegetable Lasagne (v) 93046481	Arrabiata Pasta (v) 93147953	Turkey Meatball Pasta Bake* 93147135	Herby Tomato Pasta (v) 93147954	
	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	

