

GLOBAL ADVENTURE FFL WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>MEDITERRANEAN Chicken Shawarma Flatbread</p> <p>Paprika Potato Wedges (no oil)</p> <p>House Slaw</p>	<p>CHINESE Five Spiced Beef</p> <p>Beggars Noodles</p> <p>Peas</p>	<p>BRITISH Roast Pork with Stuffing and Apple Sauce</p> <p>Roast Potatoes (oil)</p> <p>Seasonal Cabbage</p> <p>Carrots</p> <p>Gravy</p>	<p>INDIAN Chicken Tikka Masala</p> <p>Rice</p> <p>Cucumber Raita</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 Beef Burger</p>	<p>WINGS & THINGS New Yorker Quorn Dog</p>	<p>DEEP SOUTH DINER BBQ Pulled Beef Brisket</p>	<p>WINGS & THINGS Texas BBQ Chicken</p>	<p>DEEP SOUTH DINER Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco</p>
	Feta and Potato Frittata	Mac 'N' Cheese	Sweet Potato & Squash Casserole	Boston Bean Pot	Veg & Bean Quesadilla
	Chipotle Potato Wedges (no oil)*	Garlic Bread* (no oil)	New Orleans Red Bean Rice *	Layered Potato Bake	Chips (oil)
	Southern Greens	Chop Chop Salad	Corn on the Cob	House Slaw	Sweetcorn
SPEEDY ITALIAN	Veggie Supreme Pizza (v)	3 Cheese Sicilian Pizza (v)	Hawaiian Pizza	Veggie Hot One Pizza (v)	Bacon Pizza
	Veg Bolognese Pasta (v)	Arrabiata Pasta (v)	Chunky Vegetable Pasta	Beef Bolognese	Herby Tomato Pasta (v)
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)
	Wholegrain * Oily Fish ***				



GLOBAL ADVENTURE FFL WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>BRITISH Cheese, Tomato and Potato Bake</p> <p>Carrots and Peas</p>	<p>CHINESE Lemon and Ginger Chicken</p> <p>Wholegrain Rice *</p> <p>Wok Tossed Oriental Vegetables</p>	<p>MEDITERRANEAN Spanish Beef Hash</p> <p>Garlic and Herb Bread* (no oil)</p> <p>Lemon and Garlic Broccoli</p>	<p>JAPANESE Teriyaki Chicken thigh</p> <p>Japanese Noodles</p> <p>Pickled Cucumber Salad</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 Chipotle BBQ Pork</p>	<p>WINGS & THINGS Marinated Chicken Wrap</p>	<p>DEEP SOUTH DINER Piri Piri Pulled Pork Burger</p>	<p>WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco</p>	<p>DEEP SOUTH DINER Creamy Fish Pasta Bake *** (oily fish)</p>
	Quorn Sausage Pattie & Cheese Bun	Smoky Cauliflower Cheese	Louisiana Bean Pot	Mac 'N' Cheese	Corn, Black Eye Bean and Feta Soft Taco
	Paprika Potato Wedges (no oil)	Garlic and Herb Bread* (no oil)	Fajita Potato Wedges (no oil)	Cajun Potato Wedges (no oil)	Mississippi Rice *
	Red Slaw	BBQ Beans	Sweetcorn	Apple Slaw	Crunchy Salad
SPEEDY ITALIAN	Veggie Hot One Pizza (v)	Cajun Chicken Sizzler Pizza	Veggie Supreme Pizza (v)	Bacon Pizza	Sicilian Cheese & Tomato Pizza (V)
	Beef Bolognese	Herby Tomato Pasta (v)	BBQ Chicken Pasta*	Arrabiata Pasta (v)	Italian Chicken Pasta
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

Wholegrain * Oily Fish ***

GLOBAL ADVENTURE FFL WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>THAI Thai Yellow Vegetable Curry</p> <p>Wholegrain Rice *</p> <p>Lightly Spiced Sweetcorn with Lime</p>	<p>MEDITERANNEAN Chicken Gyros</p> <p>Crunchy Salad</p>	<p>MEXICAN Chipotle Beef Chilli</p> <p>Creamed Potatoes</p> <p>Roasted Vegetables</p>	<p>CARIBBEAN Trinidad Chicken Rice</p> <p>Orange and Cumin Roasted Carrots</p>	<p>BRITISH Home-made Battered Fish Fillet</p> <p>Chips (oil)</p> <p>Baked Beans</p> <p>OR</p> <p>Peas</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER Cheese Burger</p>	<p>WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco</p>	<p>DEEP SOUTH DINER BBQ Chicken Mac N Cheese</p>	<p>WINGS & THINGS Cajun Pulled Pork & Bean Pitta</p>	<p>DEEP SOUTH DINER Smoky Chicken Wrap</p>
	Butternut Squash Feta Bake	Vegetable Chilli	Cajun Vegetable Burrito	Cauliflower and Creamed Corn Bake	Feta and Chickpea Cake with Salsa
	Chipotle Potato Wedges (no oil)	Golden Rice & Beans	Baked Garlic & Herb Potato Wedges (no oil)	Paprika Potato Wedges (no oil)	Mexican Yellow Rice *
	Chop Chop Salad	Southern Greens	Crunchy Raw Slaw	BBQ Beans	Tomato, Red Onion and Lentil Salad
SPEEDY ITALIAN	Veggie Hot One Pizza (v)	3 Cheese Sicilian Pizza (v)	Mushroom & Sweetcorn Pizza (v)	Chicken Supreme Pizza	Sicilian Cheese & Tomato Pizza (V)
	Cheesy Penne Pasta (v)	Neapolitan Beany Pasta	Carbonara Pasta	Herby Tomato Pasta (v)	Beef Bolognaise
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

Wholegrain * Oily Fish ***