

FFL GLOBAL ADVENTURE MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	MEDITERRANEAN Chicken Gyros Mediterranean Bulghar Wheat Oregano Roasted Vegetables	ORIENTAL Thai Beef and Coconut Curry Beggars Noodles Peas	BRITISH Creamy Chicken Cobbler Creamed Potatoes Broccoli	INDIAN Chicken Korma Wholegrain Rice	BRITISH Home-made Battered Fish Fillet Chips Baked Beans OR Peas
HIGH STREET FAVES	DEEP SOUTH DINER Beef Burger Served in a warm Bun	WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco <i>Served with</i> Garlic Bread*	DEEP SOUTH DINER BBQ Pulled Beef Brisket	WINGS & THINGS New Yorker Quorn Dog	DEEP SOUTH DINER Texas BBQ Chicken
	Louisiana Bean Pot	Mac 'N' Cheese	Piri Piri Halloumi Bun	Crispy Topped Sweet Potato Crumble	Feta and Potato Frittata
	Chipotle Potato Wedges		Paprika Potato Wedges	Baked Garlic & Herb Potato Wedges	Lemon Rice
	Coleslaw	Cucumber and Green Bean Salad	Corn on the Cob	Apple Slaw	Sweetcorn
SPEEDY ITALIAN	Veggie Supreme Pizza (v)	Cajun Chicken Sizzler Pizza	Hawaiian Pizza	Bacon Pizza	Veggie Hot One Pizza (v)
	Veg Bolognese Pasta (v)	Arrabiata Pasta (v)	Chunky Vegetable 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 (V) Vegetarian

FFL GLOBAL ADVENTURE MENU WEEK 2

	Monday MEDITERRANEAN	Tuesday ORIENTAL	Wednesday BRITISH	Thursday MEXICAN	Friday BRITISH
GLOBAL ADVENTURE	Turkey and Mozzarella Bake Paprika Roasted Cauliflower	Garlic and Soy Chicken Wholegrain Rice * Wok Tossed Oriental Vegetables	Crispy Topped Beef Cumberland Pie Thyme Potato Carrots	Chicken and Bean Chilli Wholegrain Rice Lightly Spiced Sweetcorn with Lime	Home-made Battered Fish Fillet Chips Baked Beans OR Peas
HIGH STREET FAVES	DEEP SOUTH DINER Beef Barbacoa Burrito	WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco <i>Served with</i> Garlic and Herb Bread*	DEEP SOUTH DINER Creamy Fish Pasta Bake ***	WINGS & THINGS Maple and Mustard Glazed Chicken Melt	DEEP SOUTH DINER Piri Piri Pulled Pork Burger <i>Served with</i> Cajun Potato Wedges
	Sweet Potato & Squash Casserole <i>Served with</i> Paprika Potato Wedges	Mac 'N' Cheese	Corn, Black Eye Bean and Feta Soft Taco <i>Served with</i> Jewelled Rice	Smoky Cauliflower Cheese	Smoky Bean and Corn Topped Wedges
				Baked Garlic & Herb Potato Wedges	
	Sweetcorn	BBQ Beans	Crunchy Salad	Apple Slaw	Coleslaw
SPEEDY ITALIAN	3 Cheese Sicilian Pizza (v)	Bacon Pizza	Veggie Supreme Pizza (v)	Veggie Hot One Pizza (v)	Sicilian Cheese & Tomato Pizza (V)
	Arrabiata Pasta (v)	Herby Tomato Pasta (v)	BBQ Chicken Pasta*	Beef Bolognaise	Italian Chicken Pasta
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

*Wholegrain ***Oily Fish (V) Vegetarian

FFL GLOBAL ADVENTURE MENU WEEK 3

	Monday MEDITERRANEAN	Tuesday ORIENTAL	Wednesday BRITISH	Thursday INDIAN	Friday BRITISH
GLOBAL ADVENTURE	Greek Pork Wrap Carrot and Orange Salad	Asian Turkey Noodles Green Beans	Roast Pork with Stuffing Roast Potatoes Carrots Gravy	Chicken Tikka Masala Wholegrain Rice * Cucumber Raita	Home-made Battered Fish Fillet Chips Baked Beans Peas
HIGH STREET FAVES	DEEP SOUTH DINER Bagel Cheeseburger Served with Baked Garlic & Herb Potato Wedges	WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco	DEEP SOUTH DINER BBQ Chicken Mac "N" Cheese	WINGS & THINGS Cajun Pulled Pork & Bean Pitta	DEEP SOUTH DINER Chicken, Brown Rice and Beans *
	Cajun Halloumi and Pineapple Rice Bowl	Feta and Chickpea Cake with Salsa	Cajun Vegetable Burrito	Cauliflower and Creamed Corn Bake	Mac 'N' Cheese
				Fajita Potato Wedges	
	Radish, Pea and Leaf Salad	Roasted Vegetables	Crunchy Salad	Southern Greens	Crunchy Raw Slaw
SPEEDY ITALIAN	Veggie Hot One Pizza (v)	3 Cheese Sicilian Pizza (v)	Mushroom & Sweetcorn Pizza (v)	Sicilian Cheese & Tomato Pizza (V)	Neapolitan Chicken Pizza
	Neapolitan Beany Pasta	Beef Bolognaise	Cheesy Penne Pasta (v)	Carbonara Pasta	Herby Tomato Pasta (v)
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

*Wholegrain ***Oily Fish (V) Vegetarian