

## GLOBAL ADVENTURE WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>MEDITERRANEAN</b> Chicken Shawarma Flatbread 93162898</p> <p>Paprika Potato Wedges (no oil) 93130895</p> <p>House Slaw 93129626</p>	<p><b>CHINESE</b> Five Spiced Beef 93159931</p> <p>Beggars Noodles 93131282</p> <p>Peas 93065563</p>	<p><b>BRITISH</b> Roast Pork with Stuffing and Apple Sauce 93098927</p> <p>Roast Potatoes (oil) 93162617</p> <p>Seasonal Cabbage 93143359</p> <p>Carrots 93065561</p> <p>Gravy 93034775</p>	<p><b>INDIAN</b> Chicken Tikka Masala 93128001</p> <p>Rice 93135592</p> <p>Cucumber Raita 93142255</p>	<p><b>BRITISH</b> Home-made Battered Fish Fillet 93105116</p> <p>Chips (oil) 93124814</p> <p>Baked Beans 93162619 OR Peas 93065563</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> BBQ Pulled Beef Brisket 93162912</p>	<p><b>WINGS &amp; THINGS</b> Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941</p>	<p><b>DEEP SOUTH DINER</b> Beef Burger 93129200</p>	<p><b>WINGS &amp; THINGS</b> Texas BBQ Chicken 93131191</p>	<p><b>DEEP SOUTH DINER</b> New York Hot Dog 93142777</p>
	<p>Feta and Potato Frittata 93162900</p>	<p>Mac 'N' Cheese 93127228</p>	<p>Sweet Potato &amp; Squash Casserole 93101314</p>	<p>Boston Bean Pot 93130977</p>	<p>Veg &amp; Bean Quesadilla 93086623</p>
	<p>New Orleans Red Bean Rice * 93159957</p>	<p>Garlic Bread* (no oil) 93154277</p>	<p>Chipotle Potato Wedges (no oil) 93163112</p>	<p>Layered Potato Bake 93162904</p>	<p>Chips (oil) 93124814</p>
	<p>Southern Greens 93154278</p>	<p>Chop Chop Salad 93153242</p>	<p>Corn on the Cob 93130897</p>	<p>House Slaw 93129626</p>	<p>Sweetcorn 93094208</p>
<b>SPEEDY ITALIAN</b>	<p>Veggie Supreme Pizza (v) 93135569</p>	<p>3 Cheese Sicilian Pizza (v) 93135631</p>	<p>Hawaiian Pizza 93128494</p>	<p>Bacon Pizza 93041401</p>	<p>Veggie Hot One Pizza (v) 93128498</p>
	<p>Veg Bolognese Pasta (v) 93102889</p>	<p>Arrabiata Pasta (v) 93147953</p>	<p>Chunky Vegetable Pasta 93137661</p>	<p>Beef Bolognese 93102799</p>	<p>Herby Tomato Pasta (v) 93147954</p>
	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>

Wholegrain \* Oily Fish \*\*\*

## GLOBAL ADVENTURE WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>BRITISH</b> Cheese, Tomato and Potato Bake 93153184</p> <p>Carrots 93065561 and Peas 93065563</p>	<p><b>CHINESE</b> Lemon and Ginger Chicken 93162901</p> <p>Wholegrain Rice * 93109633</p> <p>Wok Tossed Oriental Vegetables 93130848</p>	<p><b>MEDITERRANEAN</b> Spanish Beef Hash 93162892</p> <p>Garlic and Herb Bread* (no oil) 93154277</p> <p>Lemon and Garlic Broccoli 93162905</p>	<p><b>JAPANESE</b> Teriyaki Chicken thigh 93128109</p> <p>Japanese Noodles 93163113</p> <p>Pickled Cucumber Salad 93128253</p>	<p><b>BRITISH</b> Home-made Battered Fish Fillet 93105116</p> <p>Chips (oil) 93124814</p> <p>Baked Beans 93162619 OR Peas 93065563</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> Chipotle BBQ Pork 93080520</p>	<p><b>WINGS &amp; THINGS</b> Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941</p>	<p><b>DEEP SOUTH DINER</b> Piri Piri Pulled Pork Burger 93162908</p>	<p><b>WINGS &amp; THINGS</b> Marinated Chicken Wrap 93131218</p>	<p><b>DEEP SOUTH DINER</b> Creamy Fish Pasta Bake *** 93162896 (oily fish)</p>
	<p>Quorn Sausage Pattie &amp; Cheese Bun 93133732</p>	<p>Smoky Cauliflower Cheese 93156770</p>	<p>Louisiana Bean Pot 93159955</p>	<p>Mac 'N' Cheese 93127228</p>	<p>Corn, Black Eye Bean and Feta Soft Taco 93162914</p>
	<p>Paprika Potato Wedges (no oil) 93157066</p>	<p>Garlic and Herb Bread* (no oil) 93154277</p>	<p>Fajita Potato Wedges (no oil) 93163193</p>	<p>Cajun Potato Wedges (no oil) 93157065</p>	<p>Mississippi Rice * 93101311</p>
	<p>Red Slaw 93130896</p>	<p>BBQ Beans 93129227</p>	<p>Sweetcorn 93094208</p>	<p>Apple Slaw 93129265</p>	<p>Crunchy Salad 93142224</p>
<b>SPEEDY ITALIAN</b>	<p>Veggie Hot One Pizza (v) 93128498</p>	<p>Cajun Chicken Sizzler Pizza 93128496</p>	<p>Veggie Supreme Pizza (v) 93135569</p>	<p>Bacon Pizza 93041401</p>	<p>Sicilian Cheese &amp; Tomato Pizza (V) 93137894</p>
	<p>Arrabiata Pasta (v) 93147953</p>	<p>Herby Tomato Pasta (v) 93147954</p>	<p>BBQ Chicken Pasta* 93147137</p>	<p>Beef Bolognaise 93102799</p>	<p>Italian Chicken Pasta 93147955</p>
	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>

Wholegrain \* Oily Fish \*\*\*

## GLOBAL ADVENTURE WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p style="text-align: center;"><b>THAI</b></p> <p style="text-align: center;">Thai Yellow Vegetable Curry 93130657</p> <p style="text-align: center;">Wholegrain Rice * 93109633</p> <p style="text-align: center;">Lightly Spiced Sweetcorn with Lime 93143075</p>	<p style="text-align: center;"><b>MEDITERANNEAN</b></p> <p style="text-align: center;">Chicken Gyros 93162890</p> <p style="text-align: center;">Crunchy Salad 93142224</p>	<p style="text-align: center;"><b>MEXICAN</b></p> <p style="text-align: center;">Chipotle Beef Chilli 93162848</p> <p style="text-align: center;">Creamed Potatoes 93095567</p> <p style="text-align: center;">Roasted Vegetables 93042664</p>	<p style="text-align: center;"><b>CARIBBEAN</b></p> <p style="text-align: center;">Trinidad Chicken Rice 93162846</p> <p style="text-align: center;">Orange and Cumin Roasted Carrots 93162909</p>	<p style="text-align: center;"><b>BRITISH</b></p> <p style="text-align: center;">Home-made Battered Fish Fillet 93105116</p> <p style="text-align: center;">Chips (oil) 93124814</p> <p style="text-align: center;">Baked Beans 93162619 OR Peas 93065563</p>
<b>HIGH STREET FAVES</b>	<p style="text-align: center;"><b>DEEP SOUTH DINER</b></p> <p style="text-align: center;">Cheese Burger 93156800</p>	<p style="text-align: center;"><b>WINGS &amp; THINGS</b></p> <p style="text-align: center;">Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941</p>	<p style="text-align: center;"><b>DEEP SOUTH DINER</b></p> <p style="text-align: center;">BBQ Chicken Mac N Cheese 93162906</p>	<p style="text-align: center;"><b>WINGS &amp; THINGS</b></p> <p style="text-align: center;">Cajun Pulled Pork &amp; Bean Pitta 93147141</p>	<p style="text-align: center;"><b>DEEP SOUTH DINER</b></p> <p style="text-align: center;">Smoky Chicken Wrap 93154280</p>
	<p style="text-align: center;">Butternut Squash Feta Bake 93159973</p>	<p style="text-align: center;">Vegetable Chilli 93127708</p>	<p style="text-align: center;">Cajun Vegetable Burrito 93148008</p>	<p style="text-align: center;">Cauliflower and Creamed Corn Bake 93130867</p>	<p style="text-align: center;">Feta and Chickpea Cake with Salsa 93086621</p>
	<p style="text-align: center;">Chipotle Potato Wedges (no oil) 93163112</p>	<p style="text-align: center;">Golden Rice &amp; Beans 93162916</p>	<p style="text-align: center;">Baked Garlic &amp; Herb Potato Wedges (no oil) 93157067</p>	<p style="text-align: center;">Paprika Potato Wedges (no oil) 93157066</p>	<p style="text-align: center;">Mexican Yellow Rice * 93156761</p>
	<p style="text-align: center;">Chop Chop Salad 93153242</p>	<p style="text-align: center;">Southern Greens 93154278</p>	<p style="text-align: center;">Crunchy Raw Slaw 93162913</p>	<p style="text-align: center;">BBQ Beans 93129227</p>	<p style="text-align: center;">Tomato, Red Onion and Lentil Salad 93162917</p>
<b>SPEEDY ITALIAN</b>	<p style="text-align: center;">Veggie Hot One Pizza (v) 93128498</p>	<p style="text-align: center;">3 Cheese Sicilian Pizza (v) 93135631</p>	<p style="text-align: center;">Mushroom &amp; Sweetcorn Pizza (v) 93147170</p>	<p style="text-align: center;">Sicilian Cheese &amp; Tomato Pizza (V) 93137894</p>	<p style="text-align: center;">Chicken Supreme Pizza 93128497</p>
	<p style="text-align: center;">Cheesy Penne Pasta (v) 93143814</p>	<p style="text-align: center;">Neapolitan Beany Pasta 93153362</p>	<p style="text-align: center;">Herby Tomato Pasta (v) 93147954</p>	<p style="text-align: center;">Carbonara Pasta 93137662</p>	<p style="text-align: center;">Beef Bolognaise 93102799</p>
	<p style="text-align: center;">Margherita Pizza (v) 93041388</p>	<p style="text-align: center;">Margherita Pizza (v) 93041388</p>	<p style="text-align: center;">Margherita Pizza (v) 93041388</p>	<p style="text-align: center;">Margherita Pizza (v) 93041388</p>	<p style="text-align: center;">Margherita Pizza (v) 93041388</p>

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