

## WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE (MAIN MEAL)</b>	<p style="text-align: center;"><b>German</b></p> <p style="text-align: center;">Beef Rouladen Braised Beef Rolls with Stuffing</p> <p style="text-align: center;">Mashed Potatoes</p> <p style="text-align: center;">Sautéed Red Cabbage</p>	<p style="text-align: center;"><b>Indian</b></p> <p style="text-align: center;">Chicken Jalfrezi</p> <p style="text-align: center;">Served on a bed of Pilaf Rice</p>	<p style="text-align: center;"><b>Traditional</b></p> <p style="text-align: center;">Roast Beef</p> <p style="text-align: center;">Creamed &amp; Roast Potatoes</p> <p style="text-align: center;">Mashed Carrot &amp; Parsnip</p>	<p style="text-align: center;"><b>Cuban</b></p> <p style="text-align: center;">Ropa Vieja Shredded Beef Tortilla Bread</p> <p style="text-align: center;">Oven Baked Diced Herb Potatoes</p>	<p style="text-align: center;"><b>Classic</b></p> <p style="text-align: center;">Cod in a Crispy Batter</p> <p style="text-align: center;">Mushy Peas</p> <p style="text-align: center;">Chipped Potatoes</p>
<b>MAIN MEAL</b>	<p style="text-align: center;">Tandoori Chicken Skewer</p> <p style="text-align: center;">Baked Potato &amp; Sweet Corn</p>	<p style="text-align: center;">Chicken Wrap</p> <p style="text-align: center;">Roast Potatoes &amp; Green Beans</p>	<p style="text-align: center;">Salted Chill Chicken</p> <p style="text-align: center;">Stir-fry Noodles</p>	<p style="text-align: center;">WINGS &amp; THINGS Special Marinated Roast Chicken Drumsticks with BBQ Sauce Garden Peas &amp; New Boiled</p>	<p style="text-align: center;">Chicken Curry</p> <p style="text-align: center;">Boiled Rice Or Chipped Potatoes</p>
<b>VEGETARIAN</b>	<p style="text-align: center;">Mushrooms with Savoury Stuffing</p>	<p style="text-align: center;">Macaroni Cheese</p>	<p style="text-align: center;">Tempura Vegetables</p>	<p style="text-align: center;">Chickpea &amp; Coriander Burger</p>	<p style="text-align: center;">Falafel Pitta Bread</p>
<b>DESSERTS</b>	<p style="text-align: center;">Chocolate Cracknel &amp; Custard Yoghurt Fresh Fruit</p>	<p style="text-align: center;">Fruit Smoothie Yoghurt Fresh Fruit</p>	<p style="text-align: center;">Yoghurt Fresh Fruit</p>	<p style="text-align: center;">Banana Bread Yoghurt Fresh Fruit</p>	<p style="text-align: center;">Blueberry Muffins Yoghurt Fresh Fruit</p>
<b>MEAL TICKET OPTION (Choose one)</b>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>

## WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE (MAIN MEAL)</b>	<p style="text-align: center;"><b>Italian</b></p> <p style="text-align: center;">Beef Lasagne Garlic Bread Homemade Coleslaw</p>	<p style="text-align: center;"><b>Spanish</b></p> <p style="text-align: center;">Seafood Paella Bravas Potatoes</p>	<p style="text-align: center;"><b>Traditional</b></p> <p style="text-align: center;">Baked Gammon Roast Potatoes Peas &amp; Carrots</p>	<p style="text-align: center;"><b>Jamaican</b></p> <p style="text-align: center;">Jerk Chicken Rice &amp; Peas Corn Bread</p>	<p style="text-align: center;"><b>Classic</b></p> <p style="text-align: center;">Cod in a Crispy Batter Mushy Peas Chipped Potatoes</p>
<b>MAIN MEAL</b>	<p style="text-align: center;">Bang Bang Chicken Soft Noodles with Stir-Fry Vegetables</p>	<p style="text-align: center;">Chicken Wrap Creamy Champ Steamed Broccoli</p>	<p style="text-align: center;">Lemon &amp; Herb Chicken Thighs Potato Wedges Steamed Greens</p>	<p style="text-align: center;">Sweet &amp; Sour Chicken Rice Noodles</p>	<p style="text-align: center;">Chicken Curry Boiled Rice Or Chipped Potatoes</p>
<b>VEGETARIAN</b>	<p style="text-align: center;">Vegetable Tagine &amp; Cous Cous</p>	<p style="text-align: center;">Mixed Bean Chilli Rice</p>	<p style="text-align: center;">Chunky Vegetable Curry &amp; Rice</p>	<p style="text-align: center;">Falafels with House-Made Hot Sauce</p>	<p style="text-align: center;">Cheese &amp; Tomato Quesadillas</p>
<b>DESSERTS</b>	<p style="text-align: center;">Chocolate Sponge with Custard Yoghurt Fresh Fruit</p>	<p style="text-align: center;">Ice-Cream with Fruit Sauce Yoghurt Fresh Fruit</p>	<p style="text-align: center;">Coconut &amp; Raspberry Cake Yoghurt Fresh Fruit</p>	<p style="text-align: center;">Rice Krispie Bun Yoghurt Fresh Fruit</p>	<p style="text-align: center;">Yoghurt Fresh Fruit</p>
<b>MEAL TICKET OPTION (Choose one)</b>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>

## WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE (MAIN MEAL)</b>	<p>Chinese</p> <p>Beef Stir-Fry</p> <p>Singapore Noodles</p> <p>Stir-Fried Greens</p>	<p>Indian</p> <p>Chicken Wrap</p> <p>Mini Poppadum</p>	<p>Thai</p> <p>Thai Lime Chicken</p> <p>Potato &amp; Onion Hash</p> <p>Sweetcorn</p>	<p>Traditional</p> <p>Cottage Pie</p> <p>Roast Potato</p> <p>Steamed Vegetables</p>	<p>Classic</p> <p>Cod in a Crispy Batter</p> <p>Mushy Peas</p> <p>Chipped Potatoes</p>
<b>MAIN MEAL</b>	<p>Fish Pie topped with Cheese</p> <p>Steamed Carrots &amp; Mashed Potatoes</p>	<p>WINGS &amp; THINGS</p> <p>Roast Chicken Wings brushed with Lemon &amp; Herb</p> <p>Sticky Tabasco Peas &amp; Tex Mex Rice</p>	<p>Roasted Pork stuffed with Apple Compote</p> <p>Steamed Vegetables</p> <p>Mashed &amp; Roast Potatoes</p>	<p>Cajun Chicken Gumbo served with Cauliflower Creamed Bake</p>	<p>Chicken Curry</p> <p>Boiled Rice Or Chipped Potatoes</p>
<b>VEGETARIAN</b>	<p>Mixed Bean Chilli</p>	<p>Vegetable Lasagne</p>	<p>Cheese &amp; Caramelised Onion Quiche</p>	<p>Macaroni Cheese with Stir Fried Greens</p>	<p>Vegetable Spring Rolls &amp; Spicy Sauce</p>
<b>DESSERTS</b>	<p>Ice-Cream &amp; Raspberry Sauce</p> <p>Yoghurt</p> <p>Fresh Fruit</p>	<p>Cheese &amp; Biscuits</p> <p>Yoghurt</p> <p>Fresh Fruit</p>	<p>Chocolate Cracknel &amp; Custard</p> <p>Yoghurt</p> <p>Fresh Fruit</p>	<p>Jelly &amp; Fruit</p> <p>Yoghurt</p> <p>Fresh Fruit</p>	<p>Yoghurt</p> <p>Fresh Fruit</p>
<b>MEAL TICKET OPTION (Choose one)</b>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>

## WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE (MAIN MEAL)</b>	<p style="text-align: center;"><b>Japanese</b></p> <p style="text-align: center;">Teriyaki Chicken Thigh</p> <p style="text-align: center;">Wholegrain Rice</p> <p style="text-align: center;">Pickled Cucumber &amp; Chilli</p>	<p style="text-align: center;"><b>Thai</b></p> <p style="text-align: center;">Fishcakes</p> <p style="text-align: center;">Baked Garlic &amp; Herb Wedges (no oil)</p> <p style="text-align: center;">Som Tam Green Mango Salad</p>	<p style="text-align: center;"><b>Traditional</b></p> <p style="text-align: center;">Roast Pork with Apple Sauce</p> <p style="text-align: center;">Roast Potatoes</p> <p style="text-align: center;">Peas &amp; Carrots</p>	<p style="text-align: center;"><b>Mexican</b></p> <p style="text-align: center;">Beef Birria Taco</p> <p style="text-align: center;">Potato &amp; Onion Hash</p> <p style="text-align: center;">Sweetcorn</p>	<p style="text-align: center;"><b>Chinese</b></p> <p style="text-align: center;">Chicken Curry</p> <p style="text-align: center;">Egg Fried Rice or</p> <p style="text-align: center;">Chipped Potatoes</p>
<b>MAIN MEAL</b>	Beef Lasagne served with Garlic Slice & House Slaw	Chicken Wrap	Chicken Pie Cubed Potatoes	Sweet & Sour Chicken served with Noodles	Fish in Crispy Batter Chipped Potatoes Peas
<b>VEGETARIAN</b>	Vegetable Tagine & Cous Cous	Mixed Bean Chilli	Chunky Vegetable Curry & Rice	Falafels with House-Made Hot Sauce	Cheese & Tomato Quesadillas
<b>DESSERTS</b>	Apple Crumble & Custard Yoghurt Fresh Fruit	Ice-Cream & Fruit with Sauce Yoghurt Fresh Fruit	Vanilla Sponge & Custard Yoghurt Fresh Fruit	Banana Bread Yoghurt Fresh Fruit	Flapjacks Yoghurt Fresh Fruit
<b>MEAL TICKET OPTION (Choose one)</b>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>	<ul style="list-style-type: none"> <li>• Soup &amp; Main Meal</li> <li>• Main Meal &amp; Dessert</li> <li>• Main Meal &amp; Bottle of Water</li> <li>• Main Meal &amp; Fruit or Yoghurt</li> </ul> <p style="text-align: center;">£2.80</p>