

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>British Chicken Stew</p> <p>Vegetable Stew</p> <p>Mashed Potato's</p> <p>Green Beans</p>	<p>CHINESE Aromatic Soy Pork</p> <p>Sweet Chilli Quorn</p> <p>Wok Tossed Oriental Vegetables</p> <p>Egg Noodles</p>	<p>MEXICAN Chicken and Bean Enchilada</p> <p>Wholegrain Rice</p> <p>Garlic and Lime Corn on the Cob</p>	<p>INDIAN Chicken Balti Curry</p> <p>Quorn Balti Curry</p> <p>Cucumber Raita</p> <p>Naan Bread (no oil)</p>	<p>BRITISH Home-made Battered Fish Fillet</p> <p>Chips (oil)</p> <p>Peas</p>
HIGH STREET FAVES	<p>DEEP SOUTH DINER New Yorker Quorn Dog</p>	<p>WRAPS & WINGS BBQ or Cajun Chicken Wings or Wrap</p>	<p>DEEP SOUTH DINER Ultimate Beef Burger</p>	<p>WINGS & THINGS Piri Piri Chicken Wrap</p>	<p>DEEP SOUTH DINER Fishy Finger Barm</p>
	<p>Jumbo Hotdog</p>	<p>Veg & Bean Quesadilla (v)</p>	<p>Lentil, Pepper & Sweetcorn Sloppy Joe</p>	<p>Quorn & Mushroom Burger (v)</p>	<p>Veggie Quarter Pounder (v)</p>
	<p>Sweet herby crushed new potatoes</p>	<p>Cajun Wedges (no oil)</p>	<p>Paprika Wedges (no oil)</p>	<p>Red Onion and cheese loaded skins (no oil)</p>	<p>Chips (oil)</p>
	<p>Chop Chop Salad</p>	<p>BBQ Slaw</p>	<p>Beetroot, Carrot & Apple Salad</p>	<p>Caesar Salad</p>	<p>Pineapple Coleslaw</p>
SPEEDY ITALIAN	<p>Veggie Supreme Pizza (v)</p>	<p>Bacon Pizza</p>	<p>Hawaiian Pizza</p>	<p>Veggie Hot One Pizza (v)</p>	<p>Pepperoni Pizza</p>
	<p>Spicy Tomato Pasta Pot</p>	<p>Herby Tomato Pasta Pot</p>	<p>Spicy Tomato Pasta Pot</p>	<p>Chunky Veg Pasta Pot</p>	<p>Herby Tomato Pasta Pot</p>
	<p>Bolognese Pasta Pot</p>	<p>Herby Chicken Pasta Pot</p>	<p>Bolognese Pasta Pot</p>	<p>Spicy Chicken Pasta Pot</p>	<p>Bolognese Pasta Pot</p>