

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	INDIAN Chicken Tikka Masala Chickpea and Tomato Masala Wholegrain Rice* Green Beans	CHINESE BBQ Mandarin Pork Beggars Noodles Stir Fried Vegetables	BRITISH Roast Beef Or Turkey Roast Potatoes Savoy Cabbage Carrot & Swede Mash Gravy	MEXICAN Beef Barbecoa Baked Garlic & Herb Potato Wedges (no oil) Broccoli Sweetcorn	BRITISH Battered Fish Fillet Chips (oil) Mushy Peas
HIGH STREET FAVES	DEEP SOUTH DINER Chilli Beef Nachos	WINGS & THINGS Roast Chicken Wings brushed with Lemon & Herb or Sticky Tabasco	BAGUETTES Chicken Tikka Baguette	WINGS & THINGS Smoky BBQ Chicken Wrap	CHIPPY FRIDAY Cheese & Onion Homemade Pie
	Black Eyed Bean and Vegetable Jambalaya	Loaded Triple Mac 'N' Cheese (v)	Cauliflower & Creamed Corn Bake (v)	Grilled Piri Butternut & Halloumi Skewers (v)	Cheese & Tomato Pasta Bake
	Paprika Wedges (no oil)	Carnival rice	Hot Meat Barm or Baguette	Tomato and Herb Rice	Chips (oil)
	Corn Slaw	Southern Greens	BBQ Beans	Sweetcorn Fritter	House Slaw
SPEEDY ITALIAN	Veggie Hot One Pizza (v)	Cajun Chicken Sizzler Pizza	Mushroom & Sweetcorn Pizza (v)	Meat Feast Pizza	Pepperoni Pizza
	Herby Tomato Pasta Pot	Spicy Tomato Pasta Pot	Chunky Veg Pasta Pot	Herby Tomato Pasta Pot	Spicy Tomato Pasta Pot
	Spicy Chicken Pasta Pot	Beef Bolognese Pasta Pot	Herby Chicken Pasta Pot	Beef Bolognese Pasta Pot	Herby Chicken Pasta Pot

