

Lunch Menu – Week 1 (w/c 23 Oct)					
	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	CARIBBEAN Mild Caribbean chicken, coconut and pineapple curry Wholegrain Rice Garlic and Lime Corn on the Cob	CHINESE Aromatic Soy Pork with Egg Noodles Wok Tossed Oriental Vegetables	MEXICAN Chicken and Bean Enchilada Sour Cream Mashed Potatoes Sweetcorn	BRITISH Home-made Battered Fish Fillet Chips (oil) Peas	
HIGH STREET FAVES	DEEP SOUTH DINER New Yorker Quorn Dog	WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco	DEEP SOUTH DINER Ultimate Beef Burger	DEEP SOUTH DINER Cajun Pulled Pork & Bean Pitta	Pasta Pizza Panini Sandwiches
	Halloumi & Roasted Vegetable Wrap	Veggie Quarter Pounder (v)	Lentil, Pepper & Sweetcorn Sloppy Joe	Veg & Bean Quesadilla (v)	
	Sweet herby crushed new potatoes	Cajun Wedges (no oil)	Paprika Wedges (no oil)	Chips (oil)	
	Chop Chop Salad	BBQ Slaw	Beetroot, Carrot & Apple Salad	Pineapple Slaw	
SPEEDY ITALIAN	Veggie Supreme Pizza (v)	Bacon Pizza	Hawaiian Pizza	Veggie Hot One Pizza (v)	
	Veg Bolognese Pasta (v)	Arrabiata Pasta (v)	Chicken and Tomato Pasta Bake	Herby Tomato Pasta (v)	
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	

	Lunch Menu – Week 2 (w/c 30 Oct)				
	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	BRITISH Cheese, Tomato and Potato Bake Broccoli	MEXICAN Baked Beef Chimichangas Wholegrain Rice Streetcorn Salad	BRITISH Twice Cooked Pork Belly Roast Potatoes (oil) Braised Red Cabbage Carrots	THAI Sweet Chilli Salmon Wrap (oily fish) Chips (oil) Peas	
HIGH STREET FAVES	DEEP SOUTH DINER Chickpea Veggie Burger	WINGS & THINGS Chicken Mayo Burger	DEEP SOUTH DINER Deep South Burger	DEEP SOUTH DINER BBQ Pulled Pork Burger	Pasta
	Veggie Chilli Tacos (v)	BBQ Pulled Quorn Wrap (v)	Sweet Potato & Black Bean Enchilada (v)	Quorn Sausage Pattie & Cheese Bun	Pizza
	Crushed Sweet Potato	Paprika Wedges (no oil)	Baked Tomato and Herb Wedges	Chips (oil)	Panini
	Red Slaw	BBQ Beans	American Style Slaw	Apple Slaw	Sandwiches
SPEEDY ITALIAN	Veggie Hot One Pizza (v)	Chicken Supreme Pizza	Veggie Supreme Pizza (v)	Sicilian Cheese & Tomato Pizza (v)	
	Arrabbiata Pasta (v)	Herby Tomato Pasta (v)	BBQ Chicken Pasta	Italian Chicken Pasta	
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	

	Lunch Menu – Week 3 (w/c 6 Nov)				
	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	INDIAN Chickpea and Tomato Masala Wholegrain Rice Green Beans	CHINESE BBQ Mandarin Pork Rice Noodles Stir Fried Vegetables	MEXICAN Beef Barbecoa Spicy Sweet Potato Wedges Broccoli Sweetcorn	BRITISH Home-made Battered Fish Fillet Chips (oil) Peas	
HIGH STREET FAVES	DEEP SOUTH DINER Turkey Meatball Pasta Bake	WINGS & THINGS Roast Chicken Wings brushed with Lemon & Herb or Sticky Tabasco	DEEP SOUTH DINER Cheese & Onion Tart	DEEP SOUTH DINER New York Hot Dog	Pasta Pizza Panini Sandwiches
	Kickin' Chicken	BBQ Quorn and Vegetable Skewer	Cauliflower & Creamed Corn Bake (v)	Black Eyed Bean and Vegetable Jambalaya	
	Paprika Wedges (no oil)	Plain Rice	Sweet Potato Wedges	Chips (oil)	
	Chop Chop Salad	Southern Greens	Baked Beans	House Slaw	
SPEEDY ITALIAN	Veggie Hot One Pizza (v)	Sicilian Cheese & Tomato Pizza (v)	Mushroom & Sweetcorn Pizza (v)	Chicken Supreme Pizza	
	Arrabiata Pasta (v)	Chicken & Tomato Pasta Bake	Smokey Chicken Pasta	Arrabiata Pasta (v)	
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	