

## WEEK 1 FFL

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>CARIBBEAN</b> Mild Caribbean chicken, coconut and pineapple curry 93153735</p> <p>Wholegrain Rice* 93109633</p> <p>Garlic and Lime Corn on the Cob 93153906</p>	<p><b>CHINESE</b> Aromatic Soy Pork with Egg Noodles 93070142</p> <p>Wok Tossed Oriental Vegetables 93130848</p>	<p><b>MEXICAN</b> Chicken and Bean Enchilada 93075909</p> <p>Sour Cream Mashed Potatoes 93153905</p> <p>Sweetcorn 93094208</p>	<p><b>INDIAN</b> Beef Keema Balti Curry 93153185</p> <p>Cucumber Raita 93142255</p> <p>Naan Bread (no oil) 93034973</p>	<p><b>BRITISH</b> Home-made Battered Fish Fillet 93105116</p> <p>Chips (oil) 93124814</p> <p>Peas 93065563</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> New Yorker Quorn Dog 93147290</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> Ultimate Beef Burger 93086625</p>	<p><b>WINGS &amp; THINGS</b> Chicken Thigh Flatbread Wrap with Lemon &amp; Herb or Piri Piri 93143054</p>	<p><b>DEEP SOUTH DINER</b> Cajun Pulled Pork &amp; Bean Pitta 93147141</p>
	<p>Halloumi &amp; Roasted Vegetable Wrap 93131405</p>	<p>Veggie Quarter Pounder (v) 93129224</p>	<p>Lentil, Pepper &amp; Sweetcorn Sloppy Joe 93147222</p>	<p>Quorn &amp; Mushroom Burger (v) 93129232</p>	<p>Veg &amp; Bean Quesadilla (v) 93086623</p>
	<p>Sweet herby crushed new potatoes 93153902</p>	<p>Cajun Wedges (no oil) 93130978</p>	<p>Paprika Wedges (no oil) 93130895</p>	<p>Red Onion and cheese loaded skins (no oil) 93154279</p>	<p>Chips (oil) 93124814</p>
	<p>Chop Chop Salad 93153242</p>	<p>Bbq Slaw 93129327</p>	<p>Beetroot, Carrot &amp; Apple Salad 93153241</p>	<p>Caesar Salad 93129328</p>	<p>Pineapple Coleslaw 93154276</p>
<b>SPEEDY ITALIAN</b>	<p>Veggie Supreme Pizza (v) 93147947</p>	<p>Bacon Pizza 93127250</p>	<p>Hawaiian Pizza 93147946</p>	<p>3 Cheese Sicilian Pizza (v) 93147949</p>	<p>Veggie Hot One Pizza (v) 93147968</p>
	<p>Veg Bolognese Pasta (v) 93102889</p>	<p>Arrabiata Pasta (v) 93147953</p>	<p>Chicken And Tomato Pasta Bake 93102883</p>	<p><b>Chunky Vegetable Pasta</b> 93137661</p>	<p>Herby Tomato Pasta (v) 93147954</p>
	<p>Margherita Pizza (v) 93127257</p>	<p>Margherita Pizza (v) 93127257</p>	<p>Margherita Pizza (v) 93127257</p>	<p>Margherita Pizza (v) 93127257</p>	<p>Margherita Pizza (v) 93127257</p>

## WEEK 2 FFL

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>BRITISH</b> Cheese, Tomato and Potato Bake 93153412</p> <p>Broccoli 93143358</p>	<p><b>MEXICAN</b> Baked Beef Chimichangas 93153733</p> <p>Wholegrain Rice* 93109633</p> <p>Streetcorn Salad 93153734</p>	<p><b>BRITISH</b> Twice Cooked Pork Belly 93042666</p> <p>Roast Potatoes (oil) 93035127</p> <p>Braised Red Cabbage 93045208</p> <p>Carrots 93065561</p>	<p><b>JAPANESE</b> Chicken Katsu Curry 93153416</p> <p>Rice Noodles 93130823</p> <p>Pickled Cucumber Salad 93128253</p>	<p><b>THAI</b> Sweet Chili Salmon Wrap*** 93130976 (oily fish)</p> <p>Chips (oil) 93124814</p> <p>Peas 93065563</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> Sweetcorn Veggie Burger 93153900</p>	<p><b>WINGS &amp; THINGS</b> Chicken Mayo Burger 93153888</p>	<p><b>DEEP SOUTH DINER</b> Deep South Burger 93153907</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> BBQ Pulled Pork Burger 93129202</p>
	<p>Veggie Chilli Tacos (v) 93129225</p>	<p>BBQ Pulled Quorn Wrap (v) 93131374</p>	<p>Sweet Potato &amp; Black Bean Enchilada (v) 93129220</p>	<p>BBQ Quorn and Vegetable Skewer 93153889</p>	<p>Quorn Sausage Pattie &amp; Cheese Bun 93133732</p>
	<p>Crushed Sweet Potato 93153901</p>	<p>Paprika Wedges (no oil) 93130895</p>	<p>Baked Garlic &amp; Herb Wedges (no oil) 93131371</p>	<p>Garlic Bread* (no oil) 93154277</p>	<p>Chips (oil) 93124814</p>
	<p>Red Slaw 93130896</p>	<p>BBQ Beans 93129227</p>	<p>American Style Slaw 93101975</p>	<p>Corn on the Cob 93130897</p>	<p>Apple Slaw 93129265</p>
<b>SPEEDY ITALIAN</b>	<p>Veggie Hot One Pizza (v) 93147968</p>	<p>Chicken Supreme Pizza 93147969</p>	<p>Veggie Supreme Pizza (v) 93147947</p>	<p>Bacon Pizza 93127250</p>	<p>Sicilian Cheese &amp; Tomato Pizza (V) 93148000</p>
	<p>Arrabiata Pasta (v) 93147953</p>	<p>Herby Tomato Pasta (v) 93147954</p>	<p>BBQ Chicken Pasta* 93147137</p>	<p>Beef Lasagne 93046483</p>	<p>Italian Chicken Pasta 93147955</p>
	<p>Margherita Pizza (v) 93127257</p>	<p>Margherita Pizza (v) 93127257</p>	<p>Margherita Pizza (v) 93127257</p>	<p>Margherita Pizza (v) 93127257</p>	<p>Margherita Pizza (v) 93127257</p>

**WEEK 3 FFL**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>GLOBAL ADVENTURE</b>	<p><b>INDIAN</b> Chickpea and Tomato Masala 93153187</p> <p>Wholegrain Rice* 93109633</p> <p>Green Beans 93153275</p>	<p><b>CHINESE</b> BBQ Mandarin Pork 93130787</p> <p>Beggars Noodles 93131282</p> <p>Stir Fried Vegetables 93131280</p>	<p><b>MEXICAN</b> Beef Barbacoa 93130865</p> <p>Baked Garlic &amp; Herb Potato Wedges (no oil) 93131371</p> <p>Broccoli 93143358</p> <p>Sweetcorn 93094208</p>	<p><b>THAI</b> Thai Red Chicken Curry 93143035</p> <p>Lime and Coriander Rice 93130499</p> <p>Crunchy Vegetable Salad 93080521</p>	<p><b>BRITISH</b> Home-made Battered Fish Fillet 93105116</p> <p>Chips (oil) 93124814</p> <p>Baked Beans 93036011</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> Chilli Beef Nachos 93142775</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> Quorn Cheese Burger 93153364</p>	<p><b>WINGS &amp; THINGS</b> Smoky BBQ Chicken and Boston Bean Wrap 93154280</p>	<p><b>DEEP SOUTH DINER</b> New York Hot Dog 93142777</p>
	<p>Black Eyed Bean Veggie Burger (v) 93132515</p>	<p>Loaded Triple Mac 'N' Cheese (v) 93147945</p>	<p>Cauliflower &amp; Creamed Corn Bake (v) 93130867</p>	<p>Grilled Piri Butternut &amp; Halloumi Skewers (v) 93132517</p>	<p>Black Eyed Bean and Vegetable Jambalaya 93153886</p>
	<p>Paprika Wedges (no oil) 93130895</p>	<p>Carnival rice 93153903</p>	<p>Baked Garlic &amp; Herb Wedges (no oil) 93131371</p>	<p>Tomato and Herb Rice 93153904</p>	<p>Chips (oil) 93124814</p>
	<p>Corn Slaw 93153240</p>	<p>Southern Greens 93154278</p>	<p>BBQ Beans 93129227</p>	<p>Sweetcorn Fritter 93123552</p>	<p>House Slaw 93129626</p>
<b>SPEEDY ITALIAN</b>	<p>Veggie Hot One Pizza (v) 93147968</p>	<p>3 Cheese Sicilian Pizza (v) 93147949</p>	<p>Mushroom &amp; Sweetcorn Pizza (v) 93148003</p>	<p>Sicilian Cheese &amp; Tomato Pizza (V) 93148000</p>	<p>Cajun Chicken Sizzler Pizza 93148005</p>
	<p>Cheesy Penne Pasta (v) 93148006</p>	<p>Beef Lasagne 93046483</p>	<p>Carbonara Pasta 93102881</p>	<p>Herby Tomato Pasta (v) 93147954</p>	<p>Beef Bolognaise 93102799</p>
	<p>Margherita Pizza (v)</p>	<p>Margherita Pizza (v)</p>	<p>Margherita Pizza (v)</p>	<p>Margherita Pizza (v)</p>	<p>Margherita Pizza (v)</p>