

WEEK 1 FFL

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---|--|--|---|--|
| GLOBAL ADVENTURE | <p>CARIBBEAN 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>CHINESE Aromatic Soy Pork with Egg Noodles 93070142</p> <p>Wok Tossed Oriental Vegetables 93130848</p> | <p>MEXICAN Chicken and Bean Enchilada 93075909</p> <p>Sour Cream Mashed Potatoes 93153905</p> <p>Sweetcorn 93094208</p> | <p>INDIAN Beef Keema Balti Curry 93153185</p> <p>Cucumber Raita 93142255</p> <p>Naan Bread (no oil) 93034973</p> | <p>BRITISH Home-made Battered Fish Fillet 93105116</p> <p>Chips (oil) 93124814</p> <p>Peas 93065563</p> |
| HIGH STREET FAVES | <p>DEEP SOUTH DINER New Yorker Quorn Dog 93147290</p> | <p>WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941</p> | <p>DEEP SOUTH DINER Ultimate Beef Burger 93086625</p> | <p>WINGS & THINGS Chicken Thigh Flatbread Wrap with Lemon & Herb or Piri Piri 93143054</p> | <p>DEEP SOUTH DINER Cajun Pulled Pork & Bean Pitta 93147141</p> |
| | <p>Halloumi & Roasted Vegetable Wrap 93131405</p> | <p>Veggie Quarter Pounder (v) 93129224</p> | <p>Lentil, Pepper & Sweetcorn Sloppy Joe 93147222</p> | <p>Quorn & Mushroom Burger (v) 93129232</p> | <p>Veg & 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 & Apple Salad 93153241</p> | <p>Caesar Salad 93129328</p> | <p>Pineapple Coleslaw 93154276</p> |
| SPEEDY ITALIAN | <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>Chunky Vegetable Pasta 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 |
|--------------------------|--|--|---|---|---|
| GLOBAL ADVENTURE | <p>BRITISH Cheese, Tomato and Potato Bake 93153412</p> <p>Broccoli 93143358</p> | <p>MEXICAN Baked Beef Chimichangas 93153733</p> <p>Wholegrain Rice* 93109633</p> <p>Streetcorn Salad 93153734</p> | <p>BRITISH Twice Cooked Pork Belly 93042666</p> <p>Roast Potatoes (oil) 93035127</p> <p>Braised Red Cabbage 93045208</p> <p>Carrots 93065561</p> | <p>JAPANESE Chicken Katsu Curry 93153416</p> <p>Rice Noodles 93130823</p> <p>Pickled Cucumber Salad 93128253</p> | <p>THAI Sweet Chili Salmon Wrap*** 93130976 (oily fish)</p> <p>Chips (oil) 93124814</p> <p>Peas 93065563</p> |
| HIGH STREET FAVES | <p>DEEP SOUTH DINER Sweetcorn Veggie Burger 93153900</p> | <p>WINGS & THINGS Chicken Mayo Burger 93153888</p> | <p>DEEP SOUTH DINER Deep South Burger 93153907</p> | <p>WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941</p> | <p>DEEP SOUTH DINER BBQ Pulled Pork Burger 93129202</p> |
| | <p>Veggie Chilli Tacos (v) 93129225</p> | <p>BBQ Pulled Quorn Wrap (v) 93131374</p> | <p>Sweet Potato & Black Bean Enchilada (v) 93129220</p> | <p>BBQ Quorn and Vegetable Skewer 93153889</p> | <p>Quorn Sausage Pattie & Cheese Bun 93133732</p> |
| | <p>Crushed Sweet Potato 93153901</p> | <p>Paprika Wedges (no oil) 93130895</p> | <p>Baked Garlic & 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> |
| SPEEDY ITALIAN | <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 & 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

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|---|--|--|--|---|
| GLOBAL ADVENTURE | <p>INDIAN Chickpea and Tomato Masala 93153187</p> <p>Wholegrain Rice* 93109633</p> <p>Green Beans 93153275</p> | <p>CHINESE BBQ Mandarin Pork 93130787</p> <p>Beggars Noodles 93131282</p> <p>Stir Fried Vegetables 93131280</p> | <p>MEXICAN Beef Barbacoa 93130865</p> <p>Baked Garlic & Herb Potato Wedges (no oil) 93131371</p> <p>Broccoli 93143358</p> <p>Sweetcorn 93094208</p> | <p>THAI Thai Red Chicken Curry 93143035</p> <p>Lime and Coriander Rice 93130499</p> <p>Crunchy Vegetable Salad 93080521</p> | <p>BRITISH Home-made Battered Fish Fillet 93105116</p> <p>Chips (oil) 93124814</p> <p>Baked Beans 93036011</p> |
| HIGH STREET FAVES | <p>DEEP SOUTH DINER Chilli Beef Nachos 93142775</p> | <p>WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941</p> | <p>DEEP SOUTH DINER Quorn Cheese Burger 93153364</p> | <p>WINGS & THINGS Smoky BBQ Chicken and Boston Bean Wrap 93154280</p> | <p>DEEP SOUTH DINER 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 & Creamed Corn Bake (v) 93130867</p> | <p>Grilled Piri Butternut & 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 & 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> |
| SPEEDY ITALIAN | <p>Veggie Hot One Pizza (v) 93147968</p> | <p>3 Cheese Sicilian Pizza (v) 93147949</p> | <p>Mushroom & Sweetcorn Pizza (v) 93148003</p> | <p>Sicilian Cheese & 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> |