

## WALES GLOBAL ADVENTURE WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>INDIAN</b> Chicken Tikka Masala 93128001</p> <p>Wholegrain Rice * 93109633</p> <p>Peas 93065563</p>	<p><b>MEDITERRANEAN</b> Turkey Meatball Pasta Bake* 93147135</p> <p>Broccoli 93143358</p>	<p><b>BRITISH</b> Roast Beef 93064252</p> <p>Roast Potatoes (oil) 93035127</p> <p>Carrots &amp; Cabbage 93065561 &amp; 93143359</p> <p>Gravy 93034775</p>	<p><b>MEXICAN</b> Chicken Tinga Tortilla 93159934</p> <p>Tomato and Corn Rice 93159972</p> <p>Apple Slaw 93129265</p>	<p><b>BRITISH</b> Battered Fish Fillet 93105116</p> <p>Chips (oil) 93124814</p> <p>Baked Beans 93036011</p>
<b>HIGH STREET FAVES</b>	<p><b>WINGS &amp; THINGS</b> Chicken Caesar Burger 93159952</p>	<p><b>WINGS &amp; THINGS</b> Lemon Piri Chicken Pitta 93156785</p>	<p><b>DEEP SOUTH DINER</b> Cajun Pulled Pork &amp; Bean Pitta 93147141</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> Deep South Turkey Burger 93159954</p>
	<p>Veg &amp; Bean Quesadilla 93086623</p>	<p>Quorn Cheese Burger 93153364</p>	<p>Sweet Potato &amp; Squash Stew 93101314</p>	<p>Sweetcorn Chickpea Veggie Burger 93153900</p>	<p>Boston Bean Casserole 93130977</p>
	<p>Paprika Potato Wedges (no oil) 93130895</p>	<p>New Orleans Red Bean Rice 93159957</p>	<p>Cajun Potato Wedges (no oil) 93157065</p>	<p>Potato and Onion Hash 93147111</p>	<p>Chips (oil) 93124814</p>
	<p>BBQ Beans 93129227</p>	<p>Chop Chop Salad 93153242</p>	<p>Peas 93065563</p>	<p>Caesar Salad 93129328</p>	<p>Peas 93065563</p>
<b>SPEEDY ITALIAN</b>	<p>Veggie Supreme Pizza (v) 93135569</p>	<p>Chicken Supreme Pizza 93128497</p>	<p>Hawaiian Pizza 93128494</p>	<p>Chicken Supreme Pizza 93128497</p>	<p>Veggie Hot One Pizza (v) 93128498</p>
	<p>Veg Bolognese Pasta (v) 93102889</p>	<p>Arrabiata Pasta (v) 93147953</p>	<p>Chunky Vegetable Pasta 93137661</p>	<p>Arrabiata Pasta (v) 93147953</p>	<p>Herby Tomato Pasta (v) 93147954</p>
	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>
<b>FRUIT BASED DESSERTS</b>		<p>Apple Cracknell ** 93098928 served with Custard 93065568</p>		<p>Apple and Blackberry Pie** 93042773 served with Custard 93065568</p>	
	Wholegrain * Fruit Based** Oily Fish ***				

## GLOBAL ADVENTURE WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>MEDITERRANEAN</b> Beef Lasagne 93046483</p> <p>Garlic Bread* (no oil) 93154277</p> <p>Broccoli 93143358</p>	<p><b>JAPANESE</b> Teriyaki Glazed Chicken Thigh 93128109</p> <p>Pineapple Rice * 93156734</p> <p>Pickled Cucumber Salad 93128253</p>	<p><b>BRITISH</b> Roast Pork 93098927</p> <p>Roast Potatoes (oil) 93035127</p> <p>Broccoli &amp; Carrots 93143358 &amp; 93065561</p> <p>Gravy 93034775</p>	<p><b>BRITISH</b> Cottage Pie 93098950</p> <p>Sweetcorn 93094208</p>	<p><b>THAI</b> Sweet Chili Salmon Wrap *** 93130976</p> <p>Peas 93065563</p> <p>Chips (oil) 93124814</p>
<b>HIGH STREET FAVES</b>	<p><b>DEEP SOUTH DINER</b> New York Hot Dog 93142777</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> Beef Burger 93129200</p>	<p><b>WINGS &amp; THINGS</b> Chicken Mayo Bun 93153888</p>	<p><b>DEEP SOUTH DINER</b> Chipotle Bbq Pork 93080520</p>
	<p>Louisiana Bean Pot 93159955</p>	<p>Cauliflower and Creamed Corn Bake 93130867</p>	<p>Sweet Potato &amp; Black Bean Enchilada 93129220</p>	<p>Butternut Squash Feta Bake 93159973</p>	<p>Quorn Sausage Pattie &amp; Cheese Bun 93133732</p>
	<p>Paprika Potato Wedges (no oil) 93157066</p>	<p>Garlic Bread* (no oil) 93154277</p>	<p>Baked Garlic &amp; Herb Potato Wedges (no oil) 93157067</p>	<p>Cajun Potato Wedges (no oil) 93157065</p>	<p>Chips (oil) 93124814</p>
	<p>Red Slaw 93130896</p>	<p>Southern Greens 93154278</p>	<p>Peas 93065563</p>	<p>Baked Beans 93036011</p>	<p>American Style Slaw 93101975</p>
<b>SPEEDY ITALIAN</b>	<p>Veggie Hot One Pizza (v) 93128498</p>	<p>Chicken Supreme Pizza 93128497</p>	<p>Veggie Supreme Pizza (v) 93135569</p>	<p>Bacon Pizza 93041401</p>	<p>Sicilian Cheese &amp; Tomato Pizza (V) 93137894</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) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>	<p>Margherita Pizza (v) 93041388</p>
<b>FRUIT BASED DESSERTS</b>		<p>Apple and Berry Crumble ** 93159959 served with Custard 93065568</p>		<p>Apple and Cinnamon Strudel** 93042703 served with Custard 93065568</p>	
	Wholegrain * Oily Fish ***				

## WALES GLOBAL ADVENTURE WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<b>INDIAN</b> Chicken Korma 93127657  Wholegrain Rice * 93109633  Naan Bread 93034973  Cucumber Raita 93142255	<b>BRITISH</b> Pork Sausage, Mashed Potato and Red Onion Gravy 93108722  Peas 93065563	<b>BRITISH</b> Roast Turkey 93108713  Roast Potatoes (oil) 93035127  Broccoli 93143358  Gravy 93034775	<b>CHINESE</b> Sweet and Sour Chicken 93147285  Beggars Noodles 93131282  Chop Chop Salad 93153242	<b>BRITISH</b> Battered Fish Fillet 93105116  Chips (oil) 93124814  Baked Beans 93036011
<b>HIGH STREET FAVES</b>	<b>DEEP SOUTH DINER</b> Beef Chilli 93129204	<b>WINGS &amp; THINGS</b> Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941	<b>DEEP SOUTH DINER</b> Quorn Cheese Burger 93153364	<b>WINGS &amp; THINGS</b> Chicken Caesar Burger 93159952	<b>DEEP SOUTH DINER</b> Cajun Pulled Pork & Bean Pitta 93147141
	Louisiana Bean Pot 93159955	Veg & Bean Quesadilla 93086623	Loaded Triple Mac 'N' Cheese 93129233	Bean and Vegetable Chilli 93127708	Feta and Chickpea Cake with Salsa 93086621
	Paprika Potato Wedges (no oil) 93157066	Pasta Salad * 93122369	Baked Garlic & Herb Potato Wedges (no oil) 93157067	Paprika Potato Wedges (no oil) 93157066	Chips (oil) 93124814
	Corn on the Cob 93130897	House Slaw 93129626	BBQ Beans 93129227	Peas 93065563	Pineapple Coleslaw 93154276
<b>SPEEDY ITALIAN</b>	Veggie Hot One Pizza (v) 93128498	3 Cheese Sicilian Pizza (v) 93135631	Mushroom & Sweetcorn Pizza (v) 93147170	Sicilian Cheese & Tomato Pizza (V) 93137894	Cajun Chicken Sizzler Pizza 93128496
	Cheesy Penne Pasta (v) 93143814	Neapolitan Beany Pasta 93153362	Herby Tomato Pasta (v) 93147954	Neapolitan Beany Pasta 93153362	Herby Tomato Pasta (v) 93147954
	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388	Margherita Pizza (v) 93041388
<b>FRUIT BASED DESSERTS</b>		Banoffee Pie 93159970		Apple and Berry Crumble ** 93159959 served with Custard 93065568	
	Wholegrain * Oily Fish ***				