

FFL WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	CARIBBEAN Jerk Beef Wrap 93156735 Carnival Pasta 93156737 Sweetcorn 93094208	CHINESE Aromatic Soy Pork with Egg Noodles 93070142 Wok Tossed Oriental Vegetables 93130848	Roast Turkey Gravy Roast Potatoes	INDIAN Beef Keema Balti Curry 93153185 Naan Bread (no oil) 93034973 Cucumber Raita 93142255	BRITISH Home-made Battered Fish Fillet 93105116 Chips (oil) 93124814 Peas 93065563
HIGH STREET FAVES	DEEP SOUTH DINER New Yorker Quorn Dog 93147290	WINGS & THINGS Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco 93130941	Carrots	WINGS & THINGS Lemon Piri Chicken Pitta 93156785	DEEP SOUTH DINER Cajun Pulled Pork & Bean Pitta 93147141
	Black Eyed Bean Veggie Burger 93132515	Smoky Cauliflower Cheese 93156770	Sweet Potato & Squash Stew 93101314	Veg & Bean Quesadilla 93086623	Veggie Quarter Pounder 93129224
	Cajun Wedges (no oil) 93157065	Garlic Bread* (no oil) 93154277	Paprika Wedges (no oil) 93130895	Tomato and Herb Rice 93156881	Chips (oil) 93124814
	Chop Chop Salad 93153242	BBQ Beans 93129227	Peas 93065563	Caesar Salad 93129328	Pineapple Coleslaw 93154276
SPEEDY ITALIAN	Veggie Supreme Pizza (v) 93147947	Bacon Pizza 93127250	Hawaiian Pizza 93147946	3 Cheese Sicilian Pizza (v) 93147949	Veggie Hot One Pizza (v) 93147968
	Veg Bolognese Pasta (v) 93102889	Arrabiata Pasta (v) 93147953	Beef Lasagne 93046483	Chunky Vegetable Pasta 93137661	Herby Tomato Pasta (v) 93147954
	Margherita Pizza (v) 93127257	Margherita Pizza (v) 93127257	Margherita Pizza (v) 93127257	Margherita Pizza (v) 93127257	Margherita Pizza (v) 93127257