

GLOBAL ADVENTURES

WEEK 1

29/10 19/11 10/12 14/01 04/02 04/03 25/03

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|--|---|--|--|
| MAIN CHOICE 1 | Jerk Chicken, Rice & Peas with Broccoli | Aromatic Soy Pork with Egg Noodles & Stir Fry Vegetables | Roast Turkey with Roast Potatoes, Gravy, Carrots & Parsnips | Beef Pasticcio Macaroni Pasta Bake | Home-made Battered Fish Fillet with Chips & Baked Beans |
| MAIN CHOICE 2 | Cajun Bean & Feta Burger with Potato Wedges (no oil) & BBQ Beans (V) | Smoky Cauliflower Cheese, Garlic & Chilli Flat Bread with Green Beans (V) | Five Spice Quorn & Vegetable Noodles (V) | Sweet Potato Curry with Wholegrain Rice* & Peas & (V) | Chick Pea & Vegetable Pattie with Garlic Wedges & Corn on the Cob (V) |
| DELI COUNTERS | Cheesy Penne Pasta Bake (V) Homemade Pizzas (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) | Filled Jacket Potatoes (V) Hot Paninis (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) | Carbonara Pasta Homemade Pizzas (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) | Hot Paninis (V) Filled Jacket Potatoes (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) | Tomato & Vegetable Pasta (V) Homemade Pizzas (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) |
| SALAD BAR | Chopped Salad, Rocket, Mixed Beans & Grated Carrot | Apple Slaw, Cucumber, Lettuce & Sweetcorn | Beetroot Salad, Tomato, Grated Carrot & Mixed Leaf | Caesar Salad, Cherry Tomato, Cucumber & Mixed Beans | Coleslaw, Lettuce, Sweetcorn & Sweet Peppers |
| DESSERTS | Banoffee Pie** Assorted Home Bakes Fresh Fruit & Yoghurt Pots | Apple & Cinnamon Strudel with Custard** Assorted Home Bakes Fresh Fruit & Yoghurt Pots | Orange Polenta Cake with Chocolate Sauce Assorted Home Bakes Fresh Fruit & Yoghurt Pots | Strawberry Ice Cream & Fresh Fruit Slices Assorted Home Bakes Fresh Fruit & Yoghurt Pots | Ginger Bread Cake with Custard Assorted Home Bakes Fresh Fruit & Yoghurt Pots |

This menu is compliant with the School Food Standards. We encourage pupils to enjoy a healthy balanced diet.

If you have any special dietary needs or require allergen information, please speak to the Catering Manager.

This menu is subject to individual School changes please ask your School for more details.

*Wholegrain **50% Fruit Based *** Oily Fish

GLOBAL ADVENTURES

WEEK 2

05/11 26/11 17/12 21/01 11/02 11/03 01/04

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|--|---|--|---|
| MAIN CHOICE 1 | Moroccan Chicken with Spiced Cous Cous & Broccoli | Five Spice Beef with Chinese Style Rice & Mixed Vegetables | Roast Pork with Apple Sauce, Roast Potato's, Carrots & Gravy | Teriyaki Glazed Chicken Thigh with Wholegrain Rice* & Green Beans | Fishermans Pie*** or Battered Fish Fillet with Chips & Peas |
| MAIN CHOICE 2 | Thai Quorn & Vegetable Noodles (V) | Chickpea Matar Curry with Rice & Broccoli (V) | Cauliflower & Creamed Corn Bake with Southern Greens (V) | Butternut Squash & Feta Bake with Roasted Vegetables (V) | Quorn Sausage Pattie in a Bun with Cajun Wedges & Corn on the Cob (V) |
| DELI COUNTERS | Tomato Pasta Bake (V) Homemade Pizzas (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) | Filled Jacket Potatoes (V) Hot Paninis (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) | Pasta Bolognese Homemade Pizzas (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) | Hot Paninis (V) Filled Jacket Potato's (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) | Cheese Pasta Bake (V) Homemade Pizzas (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) |
| SALAD BAR | Red Slaw, Tomato, Mixed Beans & Grated Carrot | Tomato & Herb Salad, Cucumber, Lettuce & Sweetcorn | Beetroot Salad, Tomato, Grated Carrot & Mixed Leaf | Spinach Salad, Cherry Tomato, Cucumber & Mixed Beans | Coleslaw, Lettuce, Sweetcorn & Sweet Peppers |
| DESSERTS | Strawberry Cheesecake Pot with Fresh Fruit Slices Assorted Home Bakes Fresh Fruit & Yoghurt Pots | Pineapple Upside Down Cake with Custard** Assorted Home Bakes Fresh Fruits & Yoghurt Pots | Apple & Blackberry Pie with Custard Assorted Home Bakes Fresh Fruits & Yoghurt Pots | Mango Frozen Yoghurt with Pineapple Slices** Assorted Home Bakes Fresh Fruits & Yoghurt Pots | Coconut Rice Pudding with Berry Compote Assorted Home Bakes Fresh Fruits & Yoghurt Pots |

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GLOBAL ADVENTURES

WEEK 3

12/11 03/12 07/01 28/01 25/02 18/03

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|--|---|--|---|
| MAIN CHOICE 1 | Mexican Beef Chilli with Lemon & Herb Rice & Corn on the Cob | Cuban Style Chicken with Wholegrain Rice* & Peas | Lemon & Garlic Roast Chicken with Roast Potatoes, Carrots & Gravy | Chicken Pad Khing Noodles with Stir Fry Vegetables | Home-made Battered Fish Fillet with Chips & Baked Beans |
| MAIN CHOICE 2 | Vegetable Tikka Masala with Rice or Naan Bread & Cucumber Raita | Vegetable Shepherds Pie & Sweetcorn (V) | Triple Mac 'n' Cheese with Garlic Bread & Broccoli (V) | Bean & Vegetable Chilli with Paprika Wedges (no oil) (V) | Feta & Chickpea Cake with Salsa, Chips & Peas (V) |
| DELI COUNTER | Tomato Pasta Bake (V) Homemade Pizzas (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) | Filled Jacket Potatoes (V) Hot Paninis (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) | Pasta Bolognese Homemade Pizzas (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) | Hot Paninis (V) Filled Jacket Potatoes (V) Sandwich, Baguette & Wraps (V) Selection of Salads Pots(V) | Cheese Pasta Bake (V) Homemade Pizzas (V) Sandwich, Baguette & Wraps (V) Selection of Salad Pots (V) |
| SALAD BAR | Crunchy Salad, Tomato, Mixed Beans & Grated Carrot | Tomato & Herb Salad, Cucumber, Lettuce & Sweetcorn | Beetroot & Spring Onion, Tomato, Grated Carrot & Mixed Leaf | Spinach Salad, Cherry Tomato, Cucumber & Mixed Beans | Coleslaw, Lettuce, Sweetcorn & Sweet Peppers |
| DESSERTS | Apple & Cinnamon Cake with Custard** Assorted Home Bakes Fresh Fruits & Yoghurt Pots | Chocolate Brownie & Fresh Fruit Slices Assorted Home Bakes Fresh Fruit & Yoghurt Pots | Toffee Apple Crumble with Custard** Assorted Home Bakes Fresh Fruit & Yoghurt Pots | Carrot & Orange Cake & Fresh Fruit Slices Assorted Home Bakes Fresh Fruit & Yoghurt Pots | Apricot Custard Tart with Cream Assorted Home Bakes Fresh Fruit & Yoghurt Pots |

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