

### WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>CHINESE</b> Mushroom Foo Yung 93130849</p> <p>Singapore Rice Noodles 93130823</p> <p>Stir Fried Greens 93131280</p>	<p><b>CARIBBEAN</b> Chilli Barbecued Pork 93146742</p> <p>Wholegrain Rice* 93109633</p> <p>Caribbean Stewed Tomatoes &amp; Beans 93131642</p>	<p><b>BRITISH</b> Roast Beef Crispy roast Potatoes</p> <p>Cabbage Carrots</p> <p>Sweetcorn 93094208</p>	<p><b>BRITISH</b> Creamy Chicken &amp; Mushroom Pot 93147109</p> <p>Mashed Potato 93095567</p> <p>Broccoli 93143358</p>	<p>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> Quorn Burger in a Bun with Tomato Relish 93037167</p>	<p><b>WINGS &amp; THINGS</b> Roast Chicken Wings brushed with Lemon &amp; Herb or Sticky Tabasco 93131377</p>	<p><b>DEEP SOUTH DINER</b> New York Hot Dog 93142777</p>	<p><b>WINGS &amp; THINGS</b> Chicken Thigh Wrap Piri Piri or BBQ 93131218</p>	<p><b>DEEP SOUTH DINER</b> Chilli Beef Nachos 93142775</p>
	<p>Cauliflower &amp; Creamed Corn Bake (v) 93130867</p>	<p>Halloumi &amp; Mushroom Wrap (v) 93131405</p>	<p>Black Eyed Bean Veggie Burger (v) 93132515</p>	<p>Sweet Potato Gumbo (v) 93147289</p>	<p>Vegetarian Quiche</p>
	<p>Baked Spicy Sweet Potato (no oil) 93130601</p>	<p>Tex Mex Rice 93131376</p>	<p>Paprika Wedges (no oil) 93130895</p>	<p>Garlic Bread* (oil) 93142383</p>	<p>Chips (oil) 93124814</p>
	<p>Red Slaw 93130896</p>	<p>Coriander &amp; Chilli Corn on the Cob 93130898</p>	<p>House Slaw 93129626</p>	<p>Crushed Chilli Peas 93130894</p>	<p>BBQ Beans 93129227</p>
<b>SPEEDY ITALIAN</b>	<p>Bolognese Pasta Sauce Herby Tomato Pasta Sauce</p>	<p>Bolognese Pasta Sauce Herby Tomato Pasta Sauce</p>	<p>Bolognese Pasta Sauce Herby Tomato Pasta Sauce</p>	<p>Bolognese Pasta Sauce Herby Tomato Pasta Sauce</p>	<p>Bolognese Pasta Sauce Herby Tomato Pasta Sauce</p>
	<p>Veggie Hot One Pizza (v) 93128498</p>	<p>3 Cheese Sicilian Pizza (v) 93135631</p>	<p>Mushroom &amp; Sweetcorn Pizza (v) 93147170</p>	<p>Sicilian Meat Feast Pizza 93135630</p>	<p>Cajun Chicken Sizzler Pizza 93128496</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>