

FFL GLOBAL ADVENTURE MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	MEDITERRANEAN Chicken Gyros Mediterranean Bulgur Wheat Oregano Roasted Vegetables	THAI Thai Beef and Coconut Curry Beggars Noodles Peas	BRITISH Creamy Chicken Cobbler Creamed Potatoes Broccoli	MEXICAN Chicken and Bean Chilli Wholegrain Rice Lightly Spiced Sweetcorn with Lime	BRITISH Home-made Battered Fish Fillet Chips Baked Beans OR Peas
HIGH STREET FAVES	CHOCOLATE SLICE	LEMON DRIZZLE CAKE	CHOCOLATE ICECREAM	BANANA & BERRY COBLER with CUSTARD	STRAWBERRY FROZEN YOGHURT
	Louisiana Bean Pot	Mac 'N' Cheese	Piri Piri Halloumi Bun	Crispy Topped Sweet Potato Crumble	Feta and Potato Frittata
	Chipotle Potato Wedges		Paprika Potato Wedges	Baked Garlic & Herb Potato Wedges	Lemon Rice
	Coleslaw	Cucumber and Green Bean Salad	Corn on the Cob	Apple Slaw	Sweetcorn
SPEEDY ITALIAN	Veggie Supreme Pizza (v)	Cajun Chicken Sizzler Pizza	Hawaiian Pizza	Bacon Pizza	Veggie Hot One Pizza (v)
	Veg Bolognese Pasta (v)	Arrabiata Pasta (v)	Chunky Vegetable Pasta	Herby Tomato Pasta (v)	Beef Bolognese
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

*Wholegrain ***Oily Fish (V) Vegetarian

FFL GLOBAL ADVENTURE MENU WEEK 2

	Monday MEDITERRANEAN	Tuesday CHINESE	Wednesday BRITISH	Thursday JAPANESE	Friday BRITISH
GLOBAL ADVENTURE	Turkey and Mozzarella Bake Paprika Roasted Cauliflower	Garlic and Soy Chicken Wholegrain Rice Wok Tossed Oriental Vegetables	Crispy Topped Beef Cumberland Pie Thyme Potato Carrots	Teriyaki Chicken thigh Japanese Noodles Pickled Cucumber Salad	Home-made Battered Fish Fillet Chips Baked Beans OR Peas
HIGH STREET FAVES	PEACHES & HOMEMADE GRANOLA	STRAWBERRY ICECREAM	APLLE & BLACKBERRY PIE With CUSTARD	GINGERBREAD CAKE	BANANA MARBLE CAKE
	Sweet Potato & Squash Casserole <i>Served with</i> Paprika Potato Wedges	Mac 'N' Cheese	Corn, Black Eye Bean and Feta Soft Taco <i>Served with</i> Jewelled Rice	Smoky Cauliflower Cheese	Smoky Bean and Corn Topped Wedges
				Baked Garlic & Herb Potato Wedges	
	Sweetcorn	BBQ Beans	Crunchy Salad	Apple Slaw	Coleslaw
SPEEDY ITALIAN	3 Cheese Sicilian Pizza (v)	Bacon Pizza	Veggie Supreme Pizza (v)	Veggie Hot One Pizza (v)	Sicilian Cheese & Tomato Pizza (V)
	Arrabiata Pasta (v)	Herby Tomato Pasta (v)	BBQ Chicken Pasta*	Beef Bolognaise	Italian Chicken Pasta
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

*Wholegrain ***Oily Fish (V) Vegetarian

FFL GLOBAL ADVENTURE MENU WEEK 3

	Monday CHINESE	Tuesday MEDITERRANEAN	Wednesday CARIBBEAN	Thursday INDIAN	Friday BRITISH
GLOBAL ADVENTURE	Asian Turkey Noodles Green Beans	Greek Pork Wrap Paprika Potato Wedges Carrot and Orange Salad	Jerk Stewed Beef Grains and Greens Broccoli	Chicken Tikka Masala Wholegrain Rice * Cucumber Raita	Home-made Battered Fish Fillet Chips Baked Beans OR Peas
HIGH STREET FAVES	PEAR UPSIDE DOWN CAKE With CUSTARD	BLUE BERRY YOGHURT	CHOCOLATE & RASPBERRY SWIRL CAKE	APPLE STRUDLE With CUSTARD	WATER MELON WEDGE
	Cajun Halloumi and Pineapple Rice Bowl	Feta and Chickpea Cake with Salsa	Cajun Vegetable Burrito	Cauliflower and Creamed Corn Bake	Mac 'N' Cheese
		Mexican Yellow Rice *		Fajita Potato Wedges	
	Radish, Pea and Leaf Salad	Roasted Vegetables	Crunchy Salad	Southern Greens	Crunchy Raw Slaw
SPEEDY ITALIAN	Veggie Hot One Pizza (v)	3 Cheese Sicilian Pizza (v)	Mushroom & Sweetcorn Pizza (v)	Sicilian Cheese & Tomato Pizza (V)	Neapolitan Chicken Pizza
	Neapolitan Beany Pasta	Beef Bolognaise	Cheesy Penne Pasta (v)	Carbonara Pasta	Herby Tomato Pasta (v)
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

*Wholegrain ***Oily Fish (V) Vegetarian