

FFL GLOBAL ADVENTURE MENU WEEK 1

	Monday CHINESE	Tuesday THAI	Wednesday BRITISH	Thursday MEXICAN	Friday BRITISH
GLOBAL ADVENTURE	Asian Turkey Noodles Green Beans Beggars Noodles	Thai Beef and Coconut Curry Wholegrain Rice * Peas	Roast Turkey Roast Potatoes Cabbage/Carrots Gravy	Chicken and Bean Chilli Wholegrain Rice * Lightly Spiced Sweetcorn with Lime	Battered Fish Fillet Chips Baked Beans OR Peas
HIGH STREET FAVES	DEEP SOUTH DINER Chicken Fajitas	WINGS & THINGS BBQ Chicken Rice Pot	DEEP SOUTH DINER Smokey BBQ Chicken Wrap	WINGS & THINGS Sweet Chilli Chicken Rice Pot	DEEP SOUTH DINER Southern Style Chicken Goujons
	Layered Potato Bake (v)	Vegetable and Potato Curry (v)	Quorn Sausages (v)	Bean and Vegetable Chilli (v)	
	Cold Pasta Pot Crunchy Salad	Cold Pasta Pot Crunchy Salad	Cold Pasta Pot Crunchy Salad	Cold Pasta Pot Crunchy Salad	Cold Pasta Pot Crunchy Salad
SPEEDY ITALIAN	Pepperoni Pizza	BBQ Chicken Pizza	Cajun Chicken Sizzler Pizza	Pepperoni Pizza	Chips
	Herby Tomato Pasta (v)	Herby Tomato Pasta (v)	Herby Tomato Pasta (v)	Herby Tomato Pasta (v)	Herby Tomato Pasta (v)
	Mac 'N ' Cheese (v)	Beef Bolognaise		Beef Bolognaise	
	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	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	JAPANESE Chicken Katsu Curry Wholegrain Rice * Wok Tossed Oriental Vegetables	CHINESE Garlic and Soy Chicken Singapore Rice Noodles Peas	BRITISH Roast Gammon Roast Potatoes Cabbage/Carrots Gravy Quorn Sausage	MEXICAN Chicken Molay Mexican Rice Sweetcorn	BRITISH Battered Fish Fillet Chips Baked Beans OR Peas
HIGH STREET FAVES	DEEP SOUTH DINER Chicken Fajitas	WINGS & THINGS BBQ Chicken Rice Pot	DEEP SOUTH DINER Smoky BBQ Chicken Wrap	DEEP SOUTH DINER Cheese Burger	DEEP SOUTH DINER Southern Style Chicken Goujons
	Layered Potato Bake (v)	Feta and Potato Frittata (v)	Quorn Sausages (v)	Vegetarian Burger (v)	
	Cold Pasta Pot Chop Chop Salad	Cold Pasta Pot Chop Chop Salad	Cold Pasta Pot Chop Chop Salad	Cold Pasta Pot Chop Chop Salad	Cold Pasta Pot Chop Chop Salad
SPEEDY ITALIAN	Pepperoni Pizza	BBQ Chicken Pizza	Cajun Chicken Sizzler Pizza	Pepperoni Pizza	Chips
	Herby Tomato Pasta (v)	Herby Tomato Pasta (v)	Herby Tomato Pasta (v)	Herby Tomato Pasta (v)	Herby Tomato Pasta (v)
	Mac 'N ' Cheese (v)	Beef Bolognaise		Beef Bolognaise	
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

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FFL GLOBAL ADVENTURE MENU WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	BRITISH Creamy Chicken and Mushroom Creamed Potato Green Beans	BRITISH Sausage, Mash And Peas Onion Gravy	BRITISH Roast Pork Roast Potatoes Cabbage/Carrots Gravy	INDIAN Chicken Tikka Masala Wholegrain Rice * Cucumber Raita	BRITISH Battered Fish Fillet Chips Baked Beans OR Peas
HIGH STREET FAVES	DEEP SOUTH DINER Chicken Fajitas	WINGS & THINGS BBQ Chicken Rice Pot	DEEP SOUTH DINER Smoky BBQ Chicken Wrap	WINGS & THINGS BBQ Chicken Rice Pot	DEEP SOUTH DINER Southern Style Chicken Goujons
	Cauliflower and Creamed Corn Bake	Quorn Sausage	Quorn Sausages (v)	Feta and Potato Frittata (v)	
	Cold Pasta Pot Chop Chop Salad	Cold Pasta Pot Chop Chop Salad	Cold Pasta Pot Chop Chop Salad	Cold Pasta Pot Chop Chop Salad	Cold Pasta Pot Chop Chop Salad
SPEEDY ITALIAN	Pepperoni Pizza	BBQ Chicken Pizza	Cajun Chicken Sizzler Pizza	Pepperoni Pizza	Chips
	Herby Tomato Pasta (v)	Herby Tomato Pasta (v)	Herby Tomato Pasta (v)	Herby Tomato Pasta (v)	Herby Tomato Pasta (v)
	Mac 'N ' Cheese (v)	Beef Bolognaise		Beef Bolognaise	
	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)	Margherita Pizza (v)

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