

## WEEK 1 Thorp Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>CARIBBEAN</b> Mild chicken, coconut and pineapple curry</p> <p>Wholegrain Rice*</p> <p>Corn on the Cob</p>	<p><b>CHINESE</b> Soy Pork with Egg Noodles</p> <p>Wok Tossed Oriental Vegetables</p>	<p><b>Traditional</b> Roast Turkey</p> <p>Peas</p> <p>Carrots</p>	<p><b>INDIAN</b> Beef Keema Balti Curry</p> <p>Cucumber Raita</p> <p>Naan Bread</p>	<p><b>BRITISH</b> Home-made Battered Fish Fillet</p> <p>Chips</p> <p>Peas</p>
<b>HIGH STREET FAVES</b>	<p><b>VEGETARIAN</b> New Yorker Quorn Dog</p>	<p><b>VEGETARIAN</b> Veggie Quarter Pounder</p>	<p><b>VEGETARIAN</b> Quorn Cottage Pie</p>	<p><b>VEGETARIAN</b> Quorn &amp; Mushroom Burger</p>	<p><b>VEGETARIAN</b> Veg &amp; Bean Quesadilla</p>
	<p>Southern Fried Chicken Joe Wrap</p>	<p>BBQ Marinated Roasted Chicken Drumsticks</p>	<p>Ultimate Beef Burger</p>	<p>Chicken Thigh Wrap With Lemon And Herbs</p>	<p>Pulled Pork Pitta</p>
	<p>Sweet herby crushed new potatoes</p>	<p>Cajun Wedges</p>	<p>Mashed Potatoes</p>	<p>Red Onion and cheese loaded skins</p>	<p>Chips (oil)</p>
	<p>Chop Chop Salad</p>	<p>BBQ Slaw</p>	<p>Beetroot, Carrot &amp; Apple Salad</p>	<p>Caesar Salad</p>	<p>Coleslaw</p>
<b>SPEEDY ITALIAN</b>	<p>Veggie Supreme Pizza (v)</p>	<p>Ham Pizza</p>	<p>Hawaiian Pizza</p>	<p>3 Cheese Sicilian Pizza (v)</p>	<p>Veggie Hot One Pizza (v)</p>
	<p>Veg Bolognese Pasta (v)</p>	<p>Arrabiata Pasta (v)</p>	<p>Chicken And Tomato Pasta Bake</p>	<p>Chunky Veg Pasta</p>	<p>Herby Tomato Pasta (v)</p>
	<p>Lemon Drizzle</p>	<p>Chocolate Brownie</p>	<p>Apple Crumble &amp; Custard</p>	<p>Chocolate Orange Mouse Crunch</p>	<p>Peaches with Granola Yoghurt</p>

## WEEK 2 Thorp Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>BRITISH</b> Beef Lasagne</p> <p>Broccoli</p>	<p><b>MEXICAN</b> Baked Beef Burrito</p> <p>Wholegrain Rice*</p> <p>Sweetcorn Salad</p>	<p><b>BRITISH</b> Cooked Pork Belly</p> <p>Roast Potatoes (oil)</p> <p>Braised Red Cabbage</p> <p>Carrots</p>	<p><b>JAPANESE</b> Chicken Curry</p> <p>Rice Noodles</p> <p>Pickled Cucumber Salad</p>	<p><b>BRITISH</b> Fish Fingers</p> <p>Chips (oil)</p> <p>Peas</p>
<b>HIGH STREET FAVES</b>	<p><b>VEGETARIAN</b> Veggie Chilli Tacos</p>	<p><b>VEGETARIAN</b> BBQ Pulled Quorn Wrap</p>	<p><b>VEGETARIAN</b> Veggie Burrito</p>	<p><b>VEGETARIAN</b> Sweet &amp; Sour Quorn</p>	<p><b>VEGETARIAN</b> Quorn Sausage &amp; Cheese Bun</p>
	<p>Ultimate Burger</p>	<p>Chicken Mayo Burger</p>	<p>Deep South Burger</p>	<p>BBQ Marinated Chicken Drumsticks</p>	<p>BBQ Pulled Pork Burger</p>
	<p>Crushed Sweet Potato</p>	<p>Paprika Wedges (no oil)</p>	<p>Baked Garlic &amp; Herb Wedges (no oil)</p>	<p>Rice</p>	<p>Chips (oil)</p>
	<p>Red Slaw</p>	<p>BBQ Beans</p>	<p>American Style Slaw</p>	<p>Corn on the Cob</p>	<p>Apple Slaw</p>
<b>SPEEDY ITALIAN</b>	<p>Veggie Hot One Pizza (v)</p>	<p>Chicken Supreme Pizza</p>	<p>Veggie Supreme Pizza (v)</p>	<p>Ham Pizza</p>	<p>Sicilian Cheese &amp; Tomato Pizza (V)</p>
	<p>Arrabiata Pasta (v)</p>	<p>Herby Tomato Pasta (v)</p>	<p>BBQ Chicken Pasta*</p>	<p>Beef Lasagne</p>	<p>Italian Chicken Pasta</p>
	<p>Pineapple Upside Down Cake &amp; Custard</p>	<p>Tutti Frutti Mouse Crunch</p>	<p>Peach Sponge &amp; Custard</p>	<p>Vanilla and Blueberry Blondie</p>	<p>Ice Cream</p>

## WEEK 3 Thorp academy

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GLOBAL ADVENTURE</b>	<p><b>INDIAN</b> Chicken &amp; Tomato Masala</p> <p>Wholegrain Rice*</p> <p>Green Beans</p>	<p><b>CHINESE</b> BBQ Mandarin Pork</p> <p>Beggars Noodles</p> <p>Stir Fried Vegetables</p>	<p><b>MEXICAN</b> Honey Glazed Gammon</p> <p>Roast Potatoes</p> <p>Broccoli</p> <p>Sweetcorn</p>	<p><b>THAI</b> Thai Red Chicken Curry</p> <p>Rice</p> <p>Crunchy Vegetable Salad</p>	<p><b>BRITISH</b> Home-made Battered Fish Fillet</p> <p>Chips (oil)</p> <p>Baked Beans</p>
<b>HIGH STREET FAVES</b>	<p><b>VEGETARIAN</b> Veggi Quarter Pounder</p>	<p><b>VEGETARIAN</b> Loaded Mac 'N' Cheese</p>	<p><b>VEGETARIAN</b> Cauliflower &amp; Cream Corn Bake</p>	<p><b>VEGETARIAN</b> Grilled Piri Butternut &amp; Hallumi Stack</p>	<p><b>VEGETARIAN</b> Quorn Hot Dog</p>
	<p>Chilli Beef Burrito</p>	<p>PIRI PIRI Chicken Drumsticks</p>	<p>Cheese Burger</p>	<p>Chicken Tikka Wrap</p>	<p>Hot Dog</p>
	<p>Paprika Wedges (no oil)</p>	<p>Carnival rice</p>	<p>Baked Garlic &amp; Herb Wedges (no oil)</p>	<p>Tomato and Herb Rice</p>	<p>Chips (oil)</p>
	<p>Corn Slaw</p>	<p>Southern Greens</p>	<p>BBQ Beans</p>	<p>Sweetcorn Fritter</p>	<p>House Slaw</p>
<b>SPEEDY ITALIAN</b>	<p>Veggie Hot One Pizza (v)</p>	<p>3 Cheese Sicilian Pizza (v)</p>	<p>Mushroom &amp; Sweetcorn Pizza (v)</p>	<p>Sicilian Cheese &amp; Tomato Pizza (V)</p>	<p>Cajun Chicken Sizzler Pizza</p>
	<p>Cheesy Penne Pasta (v)</p>	<p>Beef Lasagne</p>	<p>Carbonara Pasta</p>	<p>Herby Tomato Pasta (v)</p>	<p>Beef bolognaise</p>
	<p>Apple Studdle &amp; Custard</p>	<p>Carrot Cake With Orange Cream</p>	<p>Chocolate Sponge &amp; Custard</p>	<p>Giant Oat Cookie</p>	<p>Rice and Berry Conde With Jelly</p>