



WEEK 1	BREAKFAST	LUNCH	DINNER
Monday	Traditional Mediterranean or British Breakfast	Chicken Biryani	Kafta & Potatoes with Red Sauce
Tuesday		Chicken Alfredo Pasta	Lebanese Mujaddara
Wednesday		Green Peas & Carrots with Meat	Oven-Baked Chicken
Thursday		Beef with Vegetables & Noodles	Butter Chicken with Rice
Friday		Fish & Chips	Meat & Chicken BBQ
Saturday		Pre-Packed Meal (All-Day Trip)	Chicken Burger & French Fries
Sunday		Pre-Packed Meal (All-Day Trip)	Pizza & French Fries

WEEK 2	BREAKFAST	LUNCH	DINNER
Monday	Traditional Mediterranean or British Breakfast	Chicken & Rice	Pasta Bolognese
Tuesday		Vegetable Lasagna	Fried Chicken & French Fries
Wednesday		Beans with Meat	Chicken Curry
Thursday		Sweet & Sour Chicken with Rice	Pre-Packed Meal (Swindon Outlet Trip)
Friday		Fish & Chips	Meat & Chicken BBQ
Saturday		Pre-Packed Meal (All-Day Trip)	Pizza & Fries
Sunday		Pre-Packed Meal (All-Day Trip)	Beef Burger & Fries

WEEK 3	BREAKFAST	LUNCH	DINNER
Monday	Traditional Mediterranean or British Breakfast	Beef Stroganoff with Rice	Chicken Quesadilla
Tuesday		Freekeh Chicken	Pasta Arrabbiata
Wednesday		Chicken Moghrabiyeh	Beef Kafta Fingers with Hummus Dip
Thursday		Beans with Meat	Chicken Fajita Plate
Friday		Fish & Chips	Meat & Chicken BBQ
Saturday		Pre-Packed Meal (All-Day Trip)	Pizza & Fries
Sunday		Pre-Packed Meal (All-Day Trip)	Chicken Burger & Fries

WEEK 4	BREAKFAST	LUNCH	DINNER
Monday	Traditional Mediterranean or British Breakfast	Koshari	Beef Burger & Fries
Tuesday		Chicken Biryani	Steak & Mashed Potatoes
Wednesday		Lasagna	Pizza & Fries
Thursday		Oven-Baked Chicken with Potatoes (Lemon & Garlic Sauce)	Lebanese Mujaddara
Friday		Fish & Chips	Meat & Chicken BBQ
Saturday		Vegetarian Quesadilla	Pre-Packed Meal

Note: Salad and fruit bar is offered at each meal.

Education for a changing world.