WEEK 3

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | | **Thursday** | | **Friday** |
| **A** | Quorn Chicken Korma  Rice  Crusty Bread | Sausages  Chips  Garden Peas | Caribbean Chicken Tri colour rice  Peas n Sweetcorn | | Beefburger in Bun  Wedges  Salad | | Fish Fingers,  Garden Peas & Chipped Potatoes |
| **B** | Jacket Potato / side salad  *Choose filling:*  Cheese, Tuna or Beans | Jacket Potato / side salad  *Choose filling:*  Cheese, Tuna or Beans | Jacket Potato / side salad  *Choose filling:*  Cheese, Tuna or Beans | | Jacket Potato / side salad  *Choose filling:*  Cheese, Tuna or Beans | | Jacket Potato / side salad  *Choose filling:*  Cheese, Tuna or Beans |
| **C** | **Sandwich or Wrap**  Cheese, Ham, Tuna, Chicken, Egg | **Sandwich**  Cheese, Ham, Tuna, Chicken, Egg | **Sandwich**  Cheese, Ham, Tuna, Chicken, Egg | | **Sandwich**  Cheese, Ham, Tuna, Chicken, Egg | | **Sandwich**  Cheese, Ham, Tuna, Chicken, Egg |
| **Deli**  **KEY**  **Stage**  **2**  **only** | **Please indicate Baguette or Wrap**  **Choose main and any fillings req and specify sauce**. | **Main filling:**  Spicy Chicken  Chicken Goujons  Ham, Cheese or Tuna | | **Extra filling;**  Pepperoni  bacon  lettuce & cucumber | | **Sauce’s;**  bbq,  tomato sauce,  mayo or sweet chilli | |