



























# WEEK 3 THIS WEEK'S MENU

	OPTION ONE	OPTION TWO	GRAB & GO
<b>MON</b>	<b>FEASTIVAL</b> <b>JERK CHICKEN BURGER</b>  Served with Baked Spiced Wedges and Mixed Salad	<b>FEASTIVAL</b> <b>TIGER BHAJI BURGER</b>   Served with Baked Spiced Wedges and Mixed Salad	<b>HOT DISHES:</b> Paninis Pasta and Sauces Freshly Baked Pizza  Jacket Potato and Toppings
<b>TUE</b>	<b>PAN-ASIAN</b> <b>MANDARIN CHICKEN</b>   Served with Pineapple Rice and Nut Free Satay Sweetcorn	<b>PAN-ASIAN</b> <b>SWEET AND SOUR VEGETABLES</b>    Served with Pineapple Rice and Nut Free Satay Sweetcorn	<b>SALADS:</b> Tuna and Sweetcorn Pasta Salad   Roasted Indian Chickpea Salad  
<b>WED</b>	<b>HOT DELI</b> <b>PERSIAN CHICKEN KEBAB</b>  Served with Herby Diced Potatoes and Mixed Salad	<b>HOT DELI</b> <b>STICKY BBQ PITTA</b>  Served with Herby Diced Potatoes and Mixed Salad	<b>SANDWICHES/BAGUETTES:</b> Egg Salad Sandwich  Chicken Salad Sandwich  Cheese and Pickle Baguette  Tuna Mayo Baguette CLT Baguette 
<b>THURS</b>	<b>STREET</b> <b>FIRECRACKER BEEF</b> 	<b>STREET</b> <b>TERIYAKI VEGETARIAN WRAP</b>    Served with Wholegrain Rice	<b>WRAPS:</b> Pepper and Houmous Wrap  BBQ Chicken Wrap  Chicken Tikka Wrap 
<b>FRI</b>	<b>FRIDAY FAVOURITES</b> <b>SOUTHERN FRIED CHICKEN GOUJONS</b>  with Chips, Baked Beans and Peas	<b>FRIDAY FAVOURITES</b> <b>VEGETABLE GOUJONS</b>  Served with Chips, Baked Beans and Peas	