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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Red Band | Reef Wrap  Fish Fingers in a warm wrap with mayonnaise served with saad and carrot sticks | Beef Lasagne served with mixed salad, sweetcorn, and garlic bread | Chicken curry and rice served with a nann bread finger, sweetcorn, and peas. | Creamy Chicken Pie served with mashed potatoes, broccoli and carrots. | Fish and chips with salad and tomato wedges |
| Green Band  (Vegetarian alternative) | Fishless Fingers in a warm wrap with BBQ sauce served with salad and carrot sticks | Tomato Pasta served with mixed salad, sweetcorn, and garlic bread | Vegetable curry and rice served with a nann bread finger, sweetcorn, and peas. | Veggie Sausage roll served with mashed potatoes, broccoli and carrots. | Quorn Nuggets and chips with salad and tomato wedges. |
| Yellow Band  Baked potato with filling or a cold pasta dish. (served with salad and vegetable sticks) | Chicken Mayo and sweetcorn Pasta | Baked potato with: Baked beans or Tuna | Baked potato with:  Tuna or cheese  Hot Filling  Chicken/Veg Curry | Tuna pasta | Cheese or Tuna |
| Blue Band | Wrap  Chicken or cheese  Served with soup of the day and vegetable sticks. | Sandwich  Ham or cheese  Served with soup of the day and vegetable sticks. | Soft Bap  Cheese or tuna  Served with soup of the day and vegetable sticks. | Wrap  Ham & cheese or cheese.  Served with soup of the day and vegetable sticks. | Sandwich  Chicken or cheese  Served with soup of the day and vegetable sticks. |
| Choice of soup, sweet treat, fruit or yogurt | Lentil soup, fruit, yogurt or jelly. | Cream of Tomato soup, home baking or fruit. | Chunky Vegetable soup, fruit, yogurt or home baking. | Vegetable Soup, Ice Cream or fruit. | Lentil soup fruit, yogurt or jelly. |
| All meals are served with milk or water and two portions of vegetables. | | | | | |