



# THE CHICKEN SHAK

## WEEK ONE

### MONDAY

Jerk Chicken, Rice & Peas  
Chicken Wings with Wedges & Slaw  
Veggie Sausages with Wedges & Slaw

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### TUESDAY

Mexican Chicken Burrito  
BBQ Chicken Drumstick with Veggie Rice

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### WEDNESDAY

Sweet Chilli Chicken Steak in a Bun with Salad  
Sticky Baked Chicken with Rice

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### THURSDAY

Popcorn Chicken with Crispy Potatoes & Corn  
Roast Chicken Baguette

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### FRIDAY

Crispy Chicken Goujons & Chips  
Fish Fingers & Chips  
Veggie Nuggets & Chips

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### AVAILABLE DAILY

Hot Jacket Potatoes & Pasta with Various Toppings



# PIZZA & PANINI BAR

## WEEK TWO

### MONDAY

**Bacon, Cheese & Tomato Panini**  
**Sweet Chilli Chicken Panini**  
**Cheese & Tomato Pizza Slice**

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### TUESDAY

**Meat Feast Pizza Slice**  
**Ham & Pineapple Pizza Slice**  
**Cheese & Tomato Panini**

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### WEDNESDAY

**Chicken, Pesto & Cheese Panini**  
**Tuna & Cheese Panini**  
**Roasted Vegetable Pizza Slice**

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### THURSDAY

**BBQ Chicken Pizza Slice**  
**Margherita Pizza Slice**  
**Ham & Cheese Panini**

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### FRIDAY

**Beef Burger in a Bun with Chips**  
**Fish & Chips**  
**Veggie Burger & Chips**

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### AVAILABLE DAILY

**Hot Jacket Potatoes & Pasta with Various Toppings**



# ASIAN CREATION BAR

## WEEK THREE

### MONDAY

**Sweet & Sour Chicken with Rice**  
**Oriental Veggie Stir Fry with Rice**

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### TUESDAY

**Chicken Korma & Rice**  
**Vegetable Balti & Naan**

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### WEDNESDAY

**Spicy Beef & Noodles**  
**Loaded Naan Bread with Curried Vegetables**

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### THURSDAY

**Teriyaki Beef & Vegetables with Rice**  
**Sweet Potato & Chickpea Curry with Rice**

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### FRIDAY

**Fish & Chips**  
**Veggie Burger & Chips**

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### AVAILABLE DAILY

**Hot Jacket Potatoes & Pasta with Various Toppings**