

# EAT @ THE INTERVAL – Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Hoi Sin Chicken Stir Fry with Noodles	Jumbo Pork Sausage Toady!	Roast Chicken with Stuffing & Gravy	Cajun Chicken Flatbread with Salad & Tortillas	Battered Cod & Lemon
VEGETARIAN OPTION	Quorn & Vegetable Sweet & Sour	Veggie filled Giant Yorkshire	Sweet Potato Falafel Wraps	Breaded Halloumi Flatbread with Chilli Sauce	Quorn Sausages
LIGHTER BITES	Daily Specials Bar	Pasta & Daily Specials Bar	Pasta & Daily Specials Bar	Pasta & Daily Specials Bar	Chip Shop Sausage
JUST DESSERTS!	Fresh Fruit & Yogurt Bar	Blueberry Sponge & Custard	Fresh Fruit & Custard Tart	Sticky Toffee Pudding & Toffee Sauce	Ice Cream Treat!
GRAB 'N' GO	Hot Bites/ Panini/Pizza	Hot Bites/ Panini/Pizza	Hot Bites/ Panini/Pizza	Hot Bites/ Panini/Pizza	Hot Bites/ Panini/Pizza