

EAT @ THE INTERVAL WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Sticky Sweet Chilli Pork Stir Fry & Noodles	Crispy Coated Cajun Chicken Burger with Potato Wedges	Roast Chicken with Stuffing & Gravy	Slow Cooked BBQ Beef Ciabatta with Tortilla Chips	Battered Fish & Lemon
VEGETARIAN OPTION	Chilli Tofu & Mango Stir Fry Noodle	Aubergine & Rocket Burger with Potato Wedges & Salad	Quorn Fillet & Gravy	Quorn Fajita Taco with Salad	Quorn Sausages
LIGHTER BITES	Pasta & Daily Specials Bar	Pasta & Daily Specials Bar	Pasta & Daily Specials Bar	Pasta & Daily Specials Bar	Chip Shop Sausage
JUST DESSERTS!	Selection of Hot Desserts, Homemade Cakes & Cookies	Selection of Hot Desserts, Homemade Cakes & Cookies	Selection of Hot Desserts, Homemade Cakes & Cookies	Selection of Hot Desserts, Homemade Cakes & Cookies	Selection of Hot Desserts, Homemade Cakes & Cookies
GRAB 'N' GO	Hot Bites/ Panini/Pizza	Hot Bites/ Panini/Pizza	Hot Bites/ Panini/Pizza	Hot Bites/ Panini/Pizza	Hot Bites/ Panini/Pizza

FRESH FRUIT & SALAD BAR AVAILABLE DAILY

NO MEAT STREET! VEGETARIAN LUNCH MENU WEEK 3



MONDAY - CHILLI TOFU & MANGO STIR FRY NOODLE

TUESDAY - AUBERGINE & ROCKET BURGER WITH WEDGES & SALAD

WEDNESDAY - QUORN FILLET & GRAVY

THURSDAY - QUORN FAJITA TACO & SALAD

FRIDAY - QUORN SAUSAGES

ALL ALLERGEN INFORMATION DISPLAYED ON THE ALLERGEN BOARD