


EAT @ THE INTERVAL WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken Enchiladas with Salad & Tortilla Chips	Mexican Beef Nacho Burger with Cajun Wedges	Roast Pork with Crackling & Gravy	Chef's "Reggae" Chicken & Skinny Fries	Battered Fish & Lemon
VEGETARIAN OPTION	Quorn Sausage & Bean Burrito with Salad & Tortilla Chips	Falafel & Hummus Flatbread	Quorn Meatballs with Tomato Sauce & Rice	Spicy Chick Pea Filled Naan Bread with Mango Chutney	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 1



MONDAY - QUORN SAUSAGE & BEAN BURRITO & TORTILLA CHIPS

TUESDAY - FALAFEL & HUMMUS FLATBREAD WITH SALAD

WEDNESDAY - QUORN MEATBALLS WITH TOMATO SAUCE & RICE

THURSDAY - SPICY CHICK PEA FILLED NAAN BREAD & CHUTNEY

FRIDAY - QUORN SAUSAGES

ALL ALLERGEN INFORMATION DISPLAYED ON THE ALLERGEN BOARD