

Week 1

THE INTERVAL

fresh food everyday

MONDAY

Noodle Bar!

Sweet & Sour
Chicken

Veggie Sweet &
Sour

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Wrap of the Day!

Pizza. Panini &  
Specials Available!

## TUESDAY

### Loaded Lunch!

Potato Wedges Topped  
With Beef Chilli

or

Greek Style Salad

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Wrap of the Day!

Pizza. Panini &
Specials Available!

WEDNESDAY

Big Roasty!

Roast Pork. Crackling
& Gravy

Spicy Veg Burger
Bagel

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Wrap of the Day!

Pizza. Panini &  
Specials Available!

## THURSDAY

### Pastalicious!

Herbed Beef  
Meatballs with Rich  
Tomato Sauce

Veggie Spaghetti

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Wrap of the Day!

Pizza. Panini &
Specials Available!

FRIDAY

Friday Treat!

Battered Cod
Pork Sausage or
Quorn Sausage with
Chips & All The
Trimmings!

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Pizza & Specials  
Available!