

5
A DAY

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A DAY

- 1 OF YOUR 5 A DAY

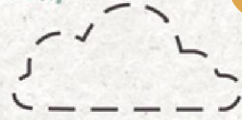
MEAT
FREE

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FREE

- MEAT FREE MONDAY



- CHEF'S CHOICE



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Crispy battered fish with chunky chips & peas or beans	Prime Sausage, mash & red onion gravy	TUGO Pizza bar	Beef burger & wedges topped with spiced cheese & tomato sauce	Brunch Selection
VEGETARIAN MAIN DISH	Quorn nuggets with chunk chips & peas or beans	Veggie sausage, mash & red onion gravy	TUGO Pizza bar	Veggie burger & wedges	Brunch Selection
STREET FOOD	Jackets, Panini, Love Joes wrap of the day	Jackets, Panini, Love Joes wrap of the day	Jackets, Panini, Love Joes wrap of the day	Jackets, Panini, Love Joes wrap of the day	Cheesy egg muffin
BAMBOO CONCEPT	Pasta King of the day	Pasta King of the day	Pasta King of the day	Pasta King of the day	Pasta King of the day
CHILLED GRAB & GO	Sandwiches, baguettes, salads and wraps	Sandwiches, baguettes, salads and wraps	Sandwiches, baguettes, salads and wraps	Sandwiches, baguettes, salads and wraps	Sandwiches, baguettes, salads and wraps
DESSERT	Selection of home-bakes, dessert pots and fruit	Selection of home-bakes, dessert pots and fruit	Selection of home-bakes, dessert pots and fruit	Selection of home-bakes, dessert pots and fruit	Selection of home-bakes, dessert pots and fruit



MENU