

5  
A DAY

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A DAY

- 1 OF YOUR 5 A DAY

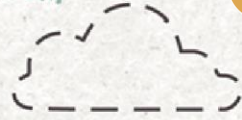
MEAT  
FREE

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FREE

- MEAT FREE MONDAY



- CHEF'S CHOICE



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Crispy battered fish with chunky chips & peas or beans	Pulled Pork in a roll with wedges and coleslaw	Roast of the day, Roast potatoes, Seasonal vegetables & gravy	Curry of the day with rice & Naan bread	Brunch Selection
VEGETARIAN MAIN DISH	Veggie nuggets with chunk chips & peas or beans	Veggie burger with wedges and coleslaw	Veggie Roast of the day, Roast potatoes, Seasonal vegetables & gravy	Veggie Curry of the day with rice & Naan bread	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