

Meat Free Monday: The Kitchen Samba

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A

Free and improvisatory

Fast latin feel ♩ = 116

The score is written for five parts, each on a grand staff (treble and bass clefs). The time signature is 4/4, which changes to 2/4 for two measures in the middle of each part before returning to 4/4. A vertical dashed line is placed between the first and second measures of each part. Dynamics include *mf* (mezzo-forte) and *f* (forte). Sound effects are indicated in boxes: 'Metal cutlery / Saucepans', 'Wooden cutlery / Chopping Board', 'Peas in sieve', 'Food Blender', and 'Large Dustbin'. The bottom of the score includes the lyrics '(Mon day is meat free, Mon day is veg e ta bles!)' and a dynamic marking *mp* (mezzo-piano) with a crescendo line leading to *f*.

Instrument / part sounds are suggestions only

6

Part 1

Part 2

Part 3

Part 4

Part 5

(Which day is meat free? Mon day!)

(Fruitsa lad, fruit sa lad, sa lad! Fruit sa lad, fruit sa lad, sa lad!)

10

Part 1

Part 2

Part 3

Part 4

Part 5

(Mon day! Mon day! Mon day! Mon day! Mon day! Mon day! Mon day! Mon day!)

B

12

Repeat ad lib.

Part 1
 (Which day is meat free? Mon day is meat free! Which day is meat free? Mon day is meat free!)

Part 2

Part 3

Part 4

Part 5

C

14

CALL & RESPONSE

Part 1
 (Meat free Mon day!)
ff
 (Mon day!)

Part 2
 (Meat free, meat free, Mon day!) (Meat free, meat free, Mon day!)

Part 3
 (Meat free Mon day!)
ff
 (Mon day!)

Part 4
 (Meat free Mon day!)
ff
 (Mon day!)

Part 5
 (Meat free Mon day!)
ff
 (Mon day!)

18

Part 1
 (Mon day!)
fff

Part 2
 (Which day is meat free!)
ff

Part 3
 (Mon day!)
fff

Part 4
 (Mon day!)
fff

Part 5
 (Mon day!)
fff

f

f

f

D

21 Repeat ad lib.

Part 1

Part 2

Part 3

Part 4

Part 5

(Which day is

(Mon day is meat free, Mon day is veg e ta bles!)

25

Part 1

Part 2

Part 3

Part 4

Part 5

meat free? Mon day!

(Fruit sa lad, fruit sa lad, sa lad! Fruit sa lad, fruit sa lad, sa lad!)

28

Part 1

Part 2

Part 3

Part 4

Part 5

(Mon day! Mon day! Mon day! Mon day! Mon day! Mon day! Mon day! Mon day!)

30

Repeat ad lib.

Part 1

Musical notation for Part 1, including lyrics: (Which day is meat free? Mon day is meat free! Which day is meat free? Mon day is meat free!)

Part 2

Musical notation for Part 2, featuring a rhythmic pattern of eighth notes.

Part 3

Musical notation for Part 3, featuring a rhythmic pattern of eighth notes with 'x' marks above.

Part 4

Musical notation for Part 4, featuring a melody with slurs.

Part 5

Musical notation for Part 5, featuring a steady bass line.

E

32

SOLOS

Repeat ad lib.

Part 1

Musical notation for Part 1, featuring a dense, repetitive pattern of notes. Text: Improvised solo on cue

Part 2

Musical notation for Part 2, featuring a dense, repetitive pattern of notes. Text: Improvised solo on cue

Part 3

Musical notation for Part 3, featuring a dense, repetitive pattern of notes. Text: Improvised solo on cue

Part 4

Musical notation for Part 4, featuring a melody with slurs.

Part 5

Musical notation for Part 5, featuring a steady bass line.

F

CODA - on cue

36

Repeat ad lib.

Part 1

Part 2

Part 3

Part 4

Part 5

The musical score consists of five staves, each with a treble clef and a repeat sign. Part 1 features a rhythmic pattern of eighth notes with 'x' marks above them. Part 2 includes lyrics: "(Which day is meat free!) (Mon day!)". Part 3 has lyrics: "(Mon day!)". Part 4 has lyrics: "(Mon day!)". Part 5 has lyrics: "(Mon day!)". Dynamics include *fff* and *ff*. The score concludes with a double bar line and repeat dots.