

Lunch week 3

All our ingredients are locally sourced and delivered fresh by local suppliers. Our eggs are free-range and Red Lion stamped, our fish is sustainably sourced and MSC approved and our meat is British Red Tractor accredited wherever possible.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL £2.30	CHICKEN TIKKA WITH RICE	MINCE BEEF & VEGETABLE PIE WITH VEGETABLES & POTATOES	ROAST CHICKEN WITH VEGETABLES, POTATOES & GRAVY	BEEF LASAGNE	BREADED FISH CAKES WITH PEAS CHIPS & TARTARE SAUCE
PLANT BASED MAIN MEAL / VEGETARIAN £2.30	VEGETABLE COTTAGE PIE (V)	QUORN CHILI BURRITO WITH SALSA & SOUR CREAM (V)	VEGETABLE LASAGNE (V)	VEGETABLE STIR FRIED NOODLES (V)	MUSHROOM STROGANOFF (V)
STREET FOOD £2.20	CAJUN CHICKEN IN A FLAT BREAD	SPICY BEEF BURRITOS WITH FRESH SALSA & SPICY RICE	TEX MEX CHICKEN TACO WITH ASIAN SLAW	THAI GREEN CHICKEN CURRY TORTILLA BOWLS	ONION BHAJI FLATBREAD WITH SWEET CHILLI 'SLAW
TAKEAWAY TUBS £2.20	MEATBALLS ITALIANO	VEGETABLE CHOW MEIN	CHICKEN ALFREDO	CHILLI BEEF NACHOS	CHEESE & CHIPS WRAP (V)
	PENNE ARRABIATA (V)	ONION BHAJI WITH MINT SAUCE (V)	SPAGHETTI POMODORO	MAC 'N' CHEESE (V)	CHEESE & HAM PASTA (V)
PIZZA SLICE £1.45	MARGHERITA (V)	MOZARELLA & PINEAPPLE (V)	MARGHERITA (V)	TOMATO, GREEN CHILLI, MOZZARELLA	MARGHERITA (V)
	PEPPERONI	HAWAIIAN	SPICY CHICKEN	AMERICAN HOT	BBQ CHICKEN
JACKETS	TRY OUR DELICIOUS FILLINGS FOR 80P EACH				
DESSERTS	STEAMED TREACLE SPONGE & CUSTARD	GOLDEN SPONGE	BANOFFEE PIE	APPLE TURNOVER WITH CUSTARD	BAKEWELL TART & CUSTARD

Meal Deal

Main Meal with Vegetables, Dessert & Small Bottle of Water



+



+



+



£2.70

All of our Main Meals, Sandwiches & Desserts are Freshly Made on Site Every Day