

Lunch week 1

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 BURGER BAKED WEDGES & BEANS | CHILLI CON CARNE WITH RICE | ROASTED GAMMON WITH SEASONAL VEG & POTATO | CHICKEN TIKKA WITH RICE | BREADED FISH CAKES, CHIPS WITH PEAS & TARTARE SAUCE |
| PLANT BASED MAIN MEAL / VEGETARIAN £2.30 | VEGETABLE BURGER WITH WEDGES & BEANS (V) | VEGETARIAN QUORN CHILLI SERVED WITH SAVOURY RICE (V) | BROCCOLI PASTA BAKE (V) | VEGETARIAN KEEMA WITH RICE (V) | VEGETARIAN SAUSAGE WITH CHIPS PEAS & GRAVY (V) |
| STREET FOOD £2.20 | CAJUN CHICKEN AND MIXED VEG FLATBREAD | PIRI PIRI CHICKEN WRAP | CHINESE CHICKEN AND ASIAN NOODLES | KOREAN CHICKEN WRAP WITH SALAD | MARINATED CHICKEN WITH RICE AND PEAS |
| TAKEAWAY TUBS £2.20 | HOT DOG WITH KETCHUP | PULLED PORK LOADED WEDGES | SPICY BEEF BURRITOS | BBQ CHICKEN WINGS | CHILLI BEEF NACHOS |
| | MAC 'N' CHEESE (V) | PASTA POMODORO (V) | TOMATO AND BASIL PASTA (V) | PENNE ARRABIATA (V) | TOMATO AND MASCARPONE PASTA (V) |
| PIZZA SLICE £1.45 | PEPPERONI | SPICY CAJUN CHICKEN | CHEESE AND HAM | PEPPERONI WITH JALAPENO | PEPPERONI |
| | MARGHERITA (V) | MARGHERITA (V) | MARGHERITA (V) | MARGHERITA (V) | MARGHERITA (V) |
| JACKETS | TRY OUR DELICIOUS FILLINGS FOR 80P EACH | | | | |
| DESSERTS | LEMON DRIZZLE CAKE | APPLE CRUMBLE & CUSTARD | BROWNIE | JAM SPONGE | ICED CHOCOLATE SPONGE |

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

Lunch week 2

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 | BEEF BURGER, BAKED WEDGES AND BEANS | BEEF LASAGNE WITH SIDE SALAD | ROAST PORK WITH SEASONAL VEG & POTATOES | CHICKEN CURRY SERVED WITH PILAU RICE | FISH FINGERS WITH CHIPS AND GARDEN PEAS |
| PLANT BASED MAIN MEAL / VEGETARIAN £2.30 | FALAFEL PITTA WITH SALAD AND GARLIC MAYO (V) | VEGETABLE LASAGNE WITH SIDE SALAD (V) | VEGETARIAN SAUSAGE ROAST DINNER (V) | SPINACH AND LENTIL CURRY WITH PILAU RICE (V) | VEGETARIAN NUGGETS WITH CHIPS AND GARDEN PEAS (V) |
| STREET FOOD £2.20 | CHILLI BEEF TACOS | TEX MEX CHICKEN WITH ASIAN SLAW | SPRING ROLLS WITH SWEET CHILLI SAUCE | BBQ CHICKEN WRAP | FISH FINGER BAP WITH CRISY LETTUCE AND SAUCE |
| TAKEAWAY TUBS £2.20 | MEATBALLS ITALIANO | SPICED CHICKEN WRAPS WITH SALAD | BBQ CHICKEN WINGS | SAUSAGES WITH SPICY POTATO WEDGES | CHICKEN PITTAS WITH PEPPERS AND TZATZIKI |
| | MAC 'N' CHEESE (V) | PASTA POMODORO (V) | TOMATO AND BASIL PASTA (V) | PENNE ARRIABATTA (V) | TOMATO AND MASCARPONE PASTA (V) |
| PIZZA SLICE £1.45 | PEPPERONI | SPICY CAJUN CHICKEN | CHEESE AND HAM | PEPPERONI AND JALAPENO | PEPPERONI |
| | MARGHERITA (V) | MARGHERITA (V) | MARGHERITA (V) | MARGHERITA (V) | MARGHERITA (V) |
| JACKETS | TRY OUR DELICIOUS FILLINGS FOR 80P EACH | | | | |
| DESSERTS | LEMON DRIZZLE | APPLE CRUMBLE & CUSTARD | BROWNIE | JAM SPONGE | ICED CHOCOLATE SPONGE |

Meal Deal

Main meal with vegetables and dessert



+



+



£2.70

All of our main meals, sandwiches & desserts are freshly made on site every day

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 | CAJUN CHICKEN BURGER WITH WEDGES | COTTAGE PIE WITH VEGETABLES AND GRAVY | ROAST CHICKEN WITH VEGETABLES, POTATOES & GRAVY | CHICKEN CURRY AND TURMERIC INFUSED RICE | BREADED FISH CAKES WITH PEAS CHIPS & TARTARE SAUCE |
| PLANT BASED MAIN MEAL / VEGETARIAN £2.30 | QUORN BURGER WITH WEDGES AND BEANS (VE) | VEG COTTAGE PIE WITH VEGETABLES AND GRAVY (V) | QUORN FILLET ROAST DINNER (V) | VEGETABLE STIR FRY WITH EGG NOODLES (V) | VEGETARIAN HOTDOG WITH CHIPS AND BEANS |
| STREET FOOD £2.20 | PERI PERI CHICKEN AND POTATO POTS | JERK CHICKEN WITH RICE | GREEK STYLE CHICKEN IN A FLATBREAD WITH SALAD | BEEF BURRITOS AND SALSA | CURRIED CHICKEN BURRIOTS |
| TAKEAWAY TUBS £2.20 | MEATBALLS ITALIANO | VEGETABLE CHOW MEIN (V) | PULLED PORK BAPS | MEXICAN CHICKEN WITH SAVOURY RICE | CHEESE & CHIPS WRAP (V) |
| | MAC 'N' CHEESE (V) | PASTA POMODORO (V) | TOMATO AND BASIL PASTA (V) | PENNE ARRABIATA (V) | TOMATO AND MASCARPONE (V) |
| PIZZA SLICE £1.45 | PEPPERONI | SPICY CAJUN CHICKEN | CHEESE AND HAM | PEPPERONI AND JALAPENO | PEPPERONI |
| | MARGHERITA (V) | MARGHERITA (V) | MARGHERITA (V) | MARGHERITA (V) | MARGHERITA (V) |
| JACKETS | TRY OUR DELICIOUS FILLINGS FOR 80P EACH | | | | |
| DESSERTS | LEMON DRIZZLE | APPLE CRUMBLE & CUSTARD | BROWNIE | JAM SPONGE | ICED CHOCOLATE SPONGE |

Meal Deal

Main meal
with vegetables
and dessert



+



+



£2.70

All of our main meals, sandwiches & desserts are freshly made on site every day