

# 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
<b>MAIN MEAL</b>	Crispy Chicken Wrap served with potato wedges	Beef Chili Con Carne served with Fluffy Rice & Tortilla Chips	Roast Turkey served with Roast potatoes & Pan Gravy	Chicken Tikka Masala served with Steamed Rice	Battered Fish served with Chips & Peas or Baked Beans
<b>ALL SERVED WITH SEASONAL VEGETABLES &amp; POTATO OR RICE DISH OF THE DAY</b>					
<b>PLANT BASED / VEGETARIAN</b>	Plant based Vegetable burger served with Cajon potato wedges	Vegetarian Chili Served with fluffy rice & Tortilla Chips	Macaroni Cheese	Vegetable Biryani	Vegetable spring rolls served with Chips & Peas or Baked Beans
<b>ALL SERVED WITH SEASONAL VEGETABLES &amp; POTATO OR RICE DISH OF THE DAY</b>					
<b>STREET FOOD</b>	Piri Piri Chicken Wrap	Roasted Vegetable Pitta	Beefburger with Salad & Salsa	Chicken Tandoori Flatbread	Southern fired chicken & Chips
<b>TAKEAWAY TUBS</b>	Tomato & Chorizo Pasta	Tomato & Mascarpone Pasta	Bolognaise Pasta	Vegetable Fajita Pasta	Tomato & Basil Pasta
	Penne Arrabiata	Chicken & Vegetable Stir-fry	Penne Arrabiata with Roasted Vegetables	Piri Piri chicken Wings	Macaroni Cheese Pot
<b>PIZZA SLICE</b>	Margarita Pepperoni	Margarita Ham & Tomato	Margarita Chicken & Sweetcorn	Margarita Hot & Spicy	Margarita BBQ Chicken
<b>JACKETS</b>	<b>TRY OUR DELICIOUS FILLINGS FOR EACH</b>				
<b>DESSERTS</b>	Jam Sponge & Custard	Chocolate Brownie	Banana Cake & Custard	Apple Crumble & Custard	Orange & Oatmeal Cookie

## Meal Deal

Main Meal  
With Vegetables  
And Dessert



+



+



# £3.00

All Of Our Main Meals,  
Sandwiches & Desserts Are  
Freshly Made On Site Every Day