

# 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
<b>MAIN MEAL</b>	Beef Ragù	Chicken Curry Served with Pilau Rice	Roast Gammon served with Gravy & Thyme Roasted Potatoes	Beef Lasagna served with Garlic bread & Salad	Battered Fish served with Chips, Peas or Baked Beans
<b>PLANT BASED / VEGETARIAN</b>	Vegetable Mince Pasta Bolognaise	Spinach & Lentil Curry Served with pilau Rice	Vegetable Stir-fry with Egg Noodles	Vegetarian Lasagna served with Garlic bread & Salad	Vegetable Burger in a Bun 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>	Greek Style Chicken Flatbread	Caramelized Onion & Sausage Sub	Chicken Burger with Salad	Pulled Pork Nachos	Southern fried 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>	Homemade Flapjack	Pear & Chocolate Sponge served with Custard	Chocolate Brownie	Apple Crumble & Custard	Lemon Shortbread

## Meal Deal

Main Meal  
With Vegetables  
And Dessert



## £3.00

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