

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	CHICKEN BURGER IN A BUN WITH LETTUCE & MAYO	PASTA BOLOGNAISE WITH GARDEN SALAD AND GARLIC SLICE ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY	HAND CARVED ROAST HAM	CHICKEN CURRY WITH RICE	BATTERED FISH & TARTAR SAUCE MUSHY PEAS
PLANT BASED / VEGETARIAN	QUORN CHILLI BURRITO WITH SALSA & SOUR CREAM	VEGETABLE BOLOGNAISE WITH GARDEN SALAD AND GARLIC SLICE ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY	VEGETABLE TOAD IN THE HOLE	VEGETABLE MASALA WITH TURMERIC INFUSED RICE	MUSHROOM STROGANOFF
STREET FOOD	THREE CHEESE FRENCH BREAD PIZZA	SPICY BEEF BURRITOS WITH FRESH SALSA AND SPICY RICE	FISH FINGER TACO WITH ASIAN SLAW	PULLED PORK BAP WITH COLESLAW	SOUTHERN FRIED CHICKEN WRAP WITH COLESLAW
TAKEAWAY TUBS	MEATBALLS ITALIANO ● PENNE ARRABIATA	JAMAICAN JERK CHICKEN WITH RICE & PEAS ● TOMATO & BASIL PASTA	CHICKEN ALFREDO ● SPAGHETTI POMODORO	VEGETABLE CHOW MEIN ● MAC 'N' CHEESE	BBQ CHICKEN WINGS ● PATATAS BRAVAS
PIZZA SLICE	● MARGHERITA ● PEPPERONI	● MOZZARELLA ● PINEAPPLE HAWAIIAN	● MARGHERITA ● SPICY CHICKEN	● TOMATO, GREEN CHILLI & MOZZARELLA ● BBQ CHICKEN	● MARGHERITA ● AMERICAN HOT
PANINI'S	A SELECTION OF PANINIS & FILLINGS				
JACKETS	TRY OUR DELICIOUS FILLINGS FOR 75p EACH				
DESSERTS	STEAMED SYRUP SPONGE & CUSTARD	APPLE FLAPJACK	CHERRY SHORTBREAD	RHUBARB PIE WITH CUSTARD	STICKY TOFFEE PUDDING

Meal Deal

Main Meal
With Vegetables
And Dessert



+



+



£2.45

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