

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	Mexican Chicken & Rice	Beef Bolognaise served with Garlic Bread	Roast Pork served with Stuffing, Gravy & Roast Potatoes	Chicken & Vegetable Stir-fry	Battered Fish served with Chips, Baked Beans or Peas/ Mushy Peas
ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY					
PLANT BASED / VEGETARIAN	Vegetable Flatbread served with Potato Wedges	Broccoli Pasta Bake served with Garlic Bread	Vegetable Toad in the Hole with vegetables & potatoes	Vegetable Mince Keema	Vegetable & Mixed Bean Wrap served with Chips & Salad
ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY					
STREET FOOD	Vegetable Chow Mein	Chicken Fried Rice & Curry Sauce	Cheese Burger & Relish	Chicken Wrap served with mint yogurt	Southern fried chicken & Chips
TAKEAWAY TUBS	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
PIZZA SLICE	Margarita Pepperoni	Margarita Ham & Tomato	Margarita Chicken & Sweetcorn	Margarita Hot & Spicy	Margarita BBQ Chicken
JACKETS	TRY OUR DELICIOUS FILLINGS FOR EACH				
DESSERTS	Iced Chocolate Sponge	Apple Flapjack	Lemon Drizzle Cake	Vanilla Sponge with Custard	Ginger Shortbread

Meal Deal

Main Meal
With Vegetables
And Dessert



+



+



£3.25

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