

# 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
<b>MAIN MEAL</b>	BBQ CHICKEN FAJITAS WITH PEPPERS & ONION	SAUSAGE & MASH SERVED WITH ONION GRAVY	LEMON HERB ROAST CHICKEN	CHILLI CON CARNE WITH RICE, SALSA & SOUR CREAM	BATTERED FISH & TARTAR SAUCE MUSHY PEAS
	ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY				
<b>PLANT BASED / VEGETARIAN</b>	QUORN CHILLI BURRITO WITH SALSA & SOUR CREAM	FALAFAL BURGERS WITH CAJUN WEDGES	VEGETABLE LASAGNE	VEGETABLE STIR FRY NOODLES	POTATO, CHICKPEA & SPINICH CURRY
	ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY				
<b>STREET FOOD</b>	LOADED NACHOS, SOUR CREAM & CHEESE	PIRI PIRI CHICKEN WITH VEG RICE	PHILLY STYLE CHEESE DOG	CHICKEN GYROS FLATBREAD & ASAIN SLAW	FISH FINGER BAP WITH ICEBERG LETTUCE AND TARTAR SAUCE
<b>TAKEAWAY TUBS</b>	MAC & CHEESE • VEGETABLE CHOW MEIN	CHICKEN & PASTA BAKE DIRTY FRIES	CHILLI BEEF CON CARNE CHICKEN TIKKA BIRYANI	CHICKEN ALFREDO CAJUN WEDGES	PENNE ARRIBIATA • LOADED NACHOS & SOUR CREAM
<b>PIZZA SLICE / PANINIS</b>	CHICKEN TIKKA PIZZA • CHEESE, ONION & TOMATO PANINI	AMERICAN HOT BBQ CHICKEN PANINI	VEGETABLE FEAST PIZZA TUNA MELT PANINI	BBQ CHICKEN PIZZA CHEESE & ONION	MARGHERITA BBQ SAUSAGE PANINI
<b>JACKETS</b>	TRY OUR DELICIOUS FILLINGS FROM £0.70P EACH				
<b>DESSERTS</b>	DAILY HOMEMADE TRAY BAKES & CAKES AVAILABLE & CHILLED DESSERT POTS				

## Meal Deal

Main Meal  
With Vegetables  
And Dessert



+



+



## £2.50

All Of Our Main Meals and Desserts Are Freshly Made On Site Every Day