

# 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> £2.10	OVEN COOKED PORK SAUSAGES	CHICKEN QUESADILLA	HAND CARVED ROAST TURKEY WITH GRAVY	PULLED BEEF BURRITO	OVEN BAKED CHICKEN NUGGETS
<b>PLANT BASED / VEGETARIAN</b> £2.10	QUORN CUMBERLAND SAUSAGES	VEGETABLE CURRY	VEGETABLE AND BEAN PASTY	VEGETARIAN BURRITO	SPICY BEAN BURGER SERVED IN A BAP WITH TOMATO SAUCE
<b>ON THE SIDE</b>	POTATO WEDGES BAKED BEANS OR PEAS	RICE AND MIXED SALAD	ROAST POTATOES AND SEASONAL VEGETABLES	FRESH SALSA NACHOS AND SIDE SALAD	CHIPS BAKED BEANS OR PEAS
<b>GRAB 'n' GO SNACKS</b> FROM £1.20	A WIDE SELECTION OF READY TO GO HOT AND COLD SNACKS PIZZAS, PANINIS, PASTRIES, FILLED BAGUETTES AND SANDWICHES, FRESH FRUIT. HOMEMADE CAKES AND SALADS				
<b>JACKET POTATOES</b>	AVAILABLE DAILY WITH 1 FILLING £1.70, 2 FILLINGS £2.00 AND 3 FILLINGS £2.30				
<b>HYDRATE</b> FROM £0.80	WATER AND A SELECTION OF COLD DRINKS AND FRUIT JUICES AVAILABLE DAILY (NOT INCLUDED IN ANY MEAL DEAL)				
<b>DESSERTS</b> £0.95	CARROT CAKE	APPLE SULTANAS AND CINNAMON TURNOVER	ICED MARBLE CAKE	CHOCOLATE BROWNIE SUNDAE	FLAPJACK WITH CUSTARD

## Meal Deal

Main Meal  
With Vegetables  
And Dessert



+



+



## £2.25

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