

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	Piri-Piri Chicken with Spicy Rice and Peas	Spaghetti Bolognese served with Garlic Bread	Roast Pork served with Roast Potatoes Seasonal Vegetables & Gravy	Southern spiced chicken goujons with spicy wedges and sweetcorn	Battered Fish served with Chips, Peas or Baked Beans
PLANT BASED MAIN MEAL / VEGETARIAN	Quorn Chilli served with Rice	Veg & Quorn Bolognese	Quorn Fillet served with Roast Potatoes Seasonal Vegetables & Gravy	Vegetable Thai Curry served with Rice	Falafel Gyros
STREET FOOD	Breaded Chicken Burger	Tandoori Chicken Flatbread with yoghurt mint sauce	Piri-Piri Chicken Wrap	BBQ Chicken Wings	Pulled Pork BBQ Wrap
TAKEAWAY TUBS	Salsa, cheese & jalapenos loaded Nachos	Tomato & Mascarpone Pasta	Mac 'n' Cheese	Chicken Alfredo Pasta	Mac 'n' cheese
PIZZA SLICE	Margherita (V)	Margherita (V)	Margherita (V)	Margherita (V)	Margherita (V)
	Pepperoni	Ham & Tomato	Chicken & Sweetcorn	Hot & Spicy	Pepperoni
DESSERTS	Daily Selection	Daily Selection	Daily Selection	Daily Selection	Daily Selection

Meal Deal

Main meal
with vegetables
and dessert



+



+



£2.95

All of our main meals, sandwiches & desserts are freshly made on site every day