

Lunch week 1

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	Spiced BBQ pork served with Savoury potatoes and vegetables	Southern fried chicken tenders with spiced wedges and BBQ beans	Roast Gammon served with Roast Potatoes & Seasonal Vegetables	Chicken Tikka Masala served with Steamed Rice	Breaded Fishcakes served with Chips, Peas or Baked Beans
PLANT BASED MAIN MEAL / VEGETARIAN	Spicy Mixed Vegetables served with Savoury Rice	Vegetarian Chilli served with Fluffy Rice & Tortilla Chips	Quorn Fillet served with Roast Potatoes & Seasonal Vegetables	Sweet Potato and Chickpea Curry with Steamed Rice	Falafel Gyros
STREET FOOD	Breaded Chicken Burger	Cheesy salsa nacho's with jalapenos	Chicken Tikka Flatbread with Yogurt mint sauce	Chinese chicken wings	BBQ pulled pork wrap
TAKEAWAY TUBS	Penne Arrabiata	Tomato and Mascarpone Pasta	Macaroni Cheese	Stir-fried vegetable & Soy noodles	Macaroni Cheese
PIZZA MEAT	Pepperoni	Ham	Chicken & Sweetcorn	Hot & Spicy	Pepperoni
PIZZA VEG	Margherita	Margherita	Margherita	Margherita	Margherita
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