

# 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> <b>£2.60</b>	BEEF CHILLI & RICE	COTTAGE PIE WITH VEGETABLES & POTATOES	ROAST GAMMON WITH VEGETABLES, POTATOES & GRAVY	CHICKEN CURRY & RICE	BATTERED FISH WITH PEAS CHIPS & TARTARE SAUCE
<b>PLANT BASED MAIN MEAL / VEGETARIAN</b> <b>£2.60</b>	QUORN CHILLI WITH SALSA & SOUR CREAM (V)	VEGGIE COTTAGE PIE (V)	QUORN ROAST FILLET LUNCH (V)	ONION BAHJI SALAD & MINT SAUCE (V)	VEGGIE CHEESE BURGER FRIES & BURGER SAUCE (V)
<b>STREET FOOD</b> <b>£2.25</b>	CHICKEN TIKKA IN A FLAT BREAD	ITALIAN SUB	MEATBALL SUB	CRISPY CHICKEN WRAP	JUMBO SAUSAGE & CHIPS
<b>TAKEAWAY TUBS</b> <b>£2.60</b>	MEATBALLS ITALIANO	CHICKEN CHUNKS & FRIES	BEEF BURGER	CHILLI CHEESE NACHOS (V)	CHICKEN BIRYANI
	TOMATO MASCAPONE (V)	HERBY TOMATO (V)	TOMATO & BASIL PASTA (V)	MAC 'N' CHEESE (V)	BOLOGNAISE PASTA
<b>PIZZA SLICE</b> <b>£1.85</b>	MARGHERITA (V)	HAM & CHEESE	MARGHERITA (V)	PEPPERONI	MARGHERITA (V)
	PEPPERONI	MARGHERITA (V)	CHICKEN TIKKA	MARGHERITA (V)	HAM
<b>JACKETS</b>			<b>CHEESE BEANS</b>		
<b>DESSERTS</b>	STEAMED SYRUP SPONGE & CUSTARD	FLAPJACK & CUSTARD	MIXED FRUIT PIE & CUSTARD	ICED CHOCOLATE SPONGE WITH CUSTARD	JAM DOUGHNUT

**Meal Deal**  
Main meal  
with vegetables  
and dessert



+



+



**£2.60**

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