

# 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> £2.45	CHICKEN & BACON PASTA BAKE	MINCE BEEF & VEGETABLE PIE WITH VEGETABLES & POTATOES	ROAST CHICKEN WITH VEGETABLES, POTATOES & GRAVY	CHICKEN CURRY & RICE	BATTERED FISH WITH PEAS CHIPS & TARTARE SAUCE
<b>PLANT BASED MAIN MEAL / VEGETARIAN</b> £2.45	VEGETABLE COTTAGE PIE (V)	QUORN CHILI BURRITO WITH SALSA & SOUR CREAM (V)	VEGETABLE LASAGNE (V)	THAI GREEN VEGETABLE CURRY (V)	ORIENTAL SPRING ROLL SWEET CHILLI SAUCE (V)
<b>STREET FOOD</b> From £2.10	CHICKEN TIKKA IN A FLAT BREAD	ITALIAN SUB	VARIOUS PANINIS	MEATBALL SUB	JUMBO SAUSAGE & CHIPS
<b>TAKEAWAY TUBS</b> £2.45	MEATBALLS ITALIANO	CHICKEN CHUNKS & FRIES	CHICKEN ALFREDO	CHILLI CHEESE NACHOS	CHICKEN BIYANI
	PENNE ARRABIATA (V)	ONION BHAJI & SALAD WITH MINT SAUCE (V)	SPAGHETTI POMODORO	MAC 'N' CHEESE (V)	MEATFEAST PASTA
<b>PIZZA SLICE</b> £1.75	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	BANOFFEE PIE	MIXED FRUIT PIE WITH CUSTARD	JAM DOUGHNUT

## Meal Deal

Main meal with vegetables and dessert



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+



## £2.53

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