

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	COTTAGE PIE WITH SEASONAL VEG AND GRAVY	MINCED BEEF LASAGNE	ROAST CHICKEN WITH SEASONAL VEG, ROAST POTATOES AND GRAVY	MILD CHICKEN MADRAS CURRY WITH STEAMED RICE	BATTERED FISH WITH CHIPS, FANCY PEAS AND GRAVY
	ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY				
PLANT BASED / VEGETARIAN	VEGETARIAN COTTAGE PIE WITH SEASONAL VEG AND GRAVY	VEGETARIAN QUORN LASAGNE	BROCCOLI AND CHEESE PASTABAKE	SPINACH AND LENTIL CURRY WITH STEAMED RICE	MAC AND CHEESE WITH GARLIC BREAD
	ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY				
STREET FOOD FROM	CAJUN CHICKEN IN A FLAT BREAD	SPICY CHICKEN WITH NAAN BREAD	TEX MEX CHICKEN TACO WITH ASIAN SLAW	ONION BHAJI BURGER WITH MINT YOGHURT	SOUTHERN FRIED CHICKEN AND WEDGES
TAKEAWAY TUBS FROM	CHEESY POTATO WEDGES	VEGETABLE CHOW MEIN	SPRING ROLL WITH NOODLES	ROAST POTATOES AND GRAVY	CHEESY NACHOS
	PASTA & SAUCE	PASTA & SAUCE	PASTA & SAUCE	PASTA & SAUCE	PASTA & SAUCE
PIZZA SLICE FROM	MARGHERITA PEPPERONI / PANINI SELECTION	CHEESY GARLIC BREAD HAM PIZZA / PANINI SELECTION	MARGHERITA PEPPERONI / PANINI SELECTION	CHEESY GARLIC BREAD HAM PIZZA / PANINI SELECTION	MARGHERITA PEPPERONI / PANINI SELECTION
JACKETS	TRY OUR DELICIOUS FILLINGS FOR 70p EACH				
DESSERTS	STRAWBERRY CRUMBLE AND CUSTARD	WARM CHOCOLATE BROWNIE AND CUSTARD	APPLE CRUMBLE & CUSTARD	VANILLA SPONGE AND CUSTARD	CHERRY CRUMBLE AND CUSTARD

Meal Deal

Main Meal
With Vegetables
And Dessert



+



+



£2.45

All Of Our Main Meals,
Sandwiches & Desserts Are
Freshly Made On Site Every Day