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	BEEF BURGER WITH CHIPS AND BAKED BEANS	CHILLI CON CARNE WITH SAVOURY RICE ALL SERVED WITH SEASON	HONEY ROAST GAMMON WITH SEASONAL VEG, ROAST POTATOES AND GRAVY IAL VEGETABLES & POTA	CHICKEN MASALA CURRY WITH TURMERIC INFUSED RICE TO OR RICE DISH OF THE DA	BATTERED FISH WITH CHIPS, FANCY PEAS AND GRAVY
PLANT BASED / VEGETARIAN	VEGETABLE BURGER WITH CHIPS AND BAKED BEANS	VEGETARIAN QUORN CHILLI WITH SAVOURY RICE ALL SERVED WITH SEASON	SWEET POTATO AND ROASTED VEGETABLE HASH WITH GRAVY	POTATO AND LENTIL CURRY WITH TURMERIC INFUSED RICE TO OR RICE DISH OF THE DA	VEGETARIAN SAUSAGE, CHIPS, FANCY PEAS AND GRAVY
STREET FOOD FROM	MEDITERRANEAN CHICKEN IN A FLATBREAD	PIRI PIRI CHICKEN IN A CHEESY BAGEL	JERK CHICKEN WITH SAVOURY RICE	SWEET CHILLI CHICKEN AND NACHOS	TANDOORI CHICKEN AND POTATO WEDGES
TAKEAWAY	VEGETABLE STIR FRY WITH EGG NOODLES	TOMATO AND SWEETCORN FRENCHBREAD PIZZA	CHILLI BEEF WITH NACHOS	POSH HOT DOG WITH ONIONS	CHICKEN STIR FRY
TUBS FROM	PASTA SPIRALS & SAUCE	PASTA SPIRALS & SAUCE	PASTA SPIRALS & SAUCE	PASTA SPIRALS & SAUCE	PASTA SPIRALS & SAUCE
PIZZA SLICE FROM	MARGHERITA PEPPERONI / PANINI SELECTION	CHEESY GARLIC BREAD HAM PIZZA / PANINI SELECTION	MARGHERITA SPICY CHICKEN / PANINI SELECTION	CHEESY GARLIC BREAD HAM PIZZA / PANINI SELECTION	MARGHERITA PEPPERONI / PANINI SELECTION
JACKETS	TRY OUR DELICIOUS FILLINGS FOR 70p EACH				
DESSERTS	APPLE CRUMBLE & CUSTARD	STICKY TOFFEE PUDDING AND CUSTARD	WARM CHOCOLATE BROWNIE	APPLE PIE WITH CUSTARD	STRAWBERRY CRUMBLE & CUSTARD

