

# 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>	Mexican Chicken & Rice	Beef Bolognaise served with Garlic Bread	Roast Pork served with Stuffing, Gravy & Roast Potatoes	Chicken & Vegetable Stir-fry	Battered Fish served with Chips, Baked Beans or Peas/ Mushy Peas
<b>ALL SERVED WITH SEASONAL VEGETABLES &amp; POTATO OR RICE DISH OF THE DAY</b>					
<b>PLANT BASED / VEGETARIAN</b>	Vegetable Flatbread served with Potato Wedges	Broccoli Pasta Bake served with Garlic Bread	Vegetable Toad in the Hole with vegetables & potatoes	Vegetable Mince Keema	Vegetable & Mixed Bean Wrap served with Chips & Salad
<b>ALL SERVED WITH SEASONAL VEGETABLES &amp; POTATO OR RICE DISH OF THE DAY</b>					
<b>STREET FOOD</b>	Vegetable Chow Mein	Chicken Fried Rice & Curry Sauce	Cheese Burger & Relish	Chicken Wrap served with mint yogurt	Southern fried chicken & Chips
<b>TAKEAWAY TUBS</b>	Tomato & Chorizo Pasta	Tomato & Mascarpone Pasta	Bolognaise Pasta	Vegetable Fajita Pasta	Tomato & Basil Pasta
	Penne Arrabiata	Chicken & Vegetable Stir-fry	Penne Arrabiata with Roasted Vegetables	Piri Piri chicken Wings	Macaroni Cheese Pot
<b>PIZZA SLICE</b>	Margarita Pepperoni	Margarita Ham & Tomato	Margarita Chicken & Sweetcorn	Margarita Hot & Spicy	Margarita BBQ Chicken
<b>JACKETS</b>	<b>TRY OUR DELICIOUS FILLINGS FOR EACH</b>				
<b>DESSERTS</b>	Iced Chocolate Sponge	Apple Flapjack	Lemon Drizzle Cake	Vanilla Sponge with Custard	Ginger Shortbread

## Meal Deal

Main Meal  
With Vegetables  
And Dessert



+



+



## £3.00

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