

# 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>	Piri-Piri Chicken with Spicy Rice and Peas	Spaghetti Bolognese served with Garlic Bread	Roast Pork served with Roast Potatoes Seasonal Vegetables & Gravy	Sticky Chicken & Vegetable Stir-fry	Battered Fish served with Chips, Peas or Baked Beans
<b>PLANT BASED MAIN MEAL / VEGETARIAN</b>	Quorn Chilli served with Rice	Veg & Quorn Bolognese	Quorn Fillet served with Roast Potatoes Seasonal Vegetables & Gravy	Vegetable Thai Curry served with Rice	Falafel Gyros
<b>STREET FOOD</b>	Breaded Chicken Burger	Tandoori Chicken Flatbread with yoghurt mint sauce	Piri-Piri Chicken Wrap	BBQ Chicken Wings	Pulled Pork BBQ Wrap
<b>TAKEAWAY TUBS</b>	Salsa, cheese & jalapenos loaded Nachos	Tomato & Mascarpone Pasta	Mac 'n' Cheese	Chicken Alfredo Pasta	Mac 'n' cheese
<b>PIZZA SLICE</b>	Margherita (V) Pepperoni	Margherita (V) Ham & Tomato	Margherita (V) Chicken & Sweetcorn	Margherita (V) Hot & Spicy	Margherita (V) Pepperoni
<b>DESSERTS</b>	Daily Selection	Daily Selection	Daily Selection	Daily Selection	Daily Selection

## Meal Deal

Main meal with vegetables and dessert



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## £2.95

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