

# 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
<b>MAIN MEAL</b>	Spicy Mexican Chicken served with Savoury Rice	Southern fried chicken tenders with spiced wedges and BBQ beans	Roast Gammon served with Roast Potatoes & Seasonal Vegetables	Chicken Tikka Masala served with Steamed Rice	Breaded Fishcakes served with Chips, Peas or Baked Beans
<b>PLANT BASED MAIN MEAL / VEGETARIAN</b>	Spicy Mixed Vegetables served with Savoury Rice	Vegetarian Chilli served with Fluffy Rice & Tortilla Chips	Quorn Fillet served with Roast Potatoes & Seasonal Vegetables	Sweet Potato and Chickpea Curry with Steamed Rice	Falafel Gyros
<b>STREET FOOD</b>	Breaded Chicken Burger	Chinese Chicken Wings	Chicken Tikka Flatbread with Yogurt mint sauce	Pulled Pork BBQ wrap	Cheesy salsa Nachos
<b>TAKEAWAY TUBS</b>	Penne Arrabiata	Tomato and Mascarpone Pasta	Macaroni Cheese	Penne Arrabiata with Roasted Vegetables	Macaroni Cheese
<b>PIZZA MEAT</b>	Pepperoni	Ham	Chicken & Sweetcorn	Hot & Spicy	Pepperoni
<b>PIZZA VEG</b>	Marguerita	Marguerita	Marguerita	Marguerita	Marguerita
<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