

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	Piri Piri Chicken with Patatas Bravas, Spicy Rice, Peas	Beef Lasagne with Green Salad, Garlic Bread, Slaw	Roast Gammon with Roast Potatoes, Carrots, Green Beans	Sticky Chicken with Noodles, Broccoli, Steamed Coconut Rice	Battered Fish with Chips, Peas, Baked Beans
Plant Based / Vegetarian Main Meal	Quorn Chilli Burrito with Patatas Bravas, Spicy Rice, Peas	Vegetable Lasagne with Green Salad, Garlic Bread, Slaw	Vegetable Toad in the Hole with Roast Potatoes, Carrots, Green Beans	Vegetable Red Thai Curry with Noodles, Broccoli, Steamed Coconut Rice	Sweet Potato Falafel Gyros with Chips, Peas, Baked Beans
Street Food	Piri Piri Chicken Wrap	Chicken Burrito	Folded Tikka Naan	Pulled Pork Bap	Chicken Gyros
Takeaway Tubs	Penne Arrabiata <i>or</i> Tomato & Chorizo	Penne Arrabiata <i>or</i> Tomato & Mascarpone	Penne Arrabiata <i>or</i> Chicken & Tomato	Penne Arrabiata <i>or</i> Mac & Cheese	Penne Arrabiata <i>or</i> Roasted Vegetable
Pizza Slice	Margherita <i>or</i> Pepperoni	Margherita <i>or</i> Ham & Tomato	Margherita <i>or</i> Chicken & Sweetcorn	Margherita <i>or</i> American Hot	Margherita <i>or</i> BBQ Chicken
Jacket Potato	Available daily with a range of delicious fillings	Available daily with a range of delicious fillings	Available daily with a range of delicious fillings	Available daily with a range of delicious fillings	Available daily with a range of delicious fillings
Desserts	Iced Chocolate Sponge	Baked Apple Flapjack	Lemon Drizzle Cake	Iced Sponge	Chocolate Brownie



Meal Deal

Main Meal with vegetables and dessert



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

