

# 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>	Chicken & Vegetable Chow Mein	Pork Sausage with Cajun Wedges & Sweetcorn/Beans	Roast Gammon served with Stuffing, Gravy & Roast Potatoes	Soy Chicken Fried Rice with Curry Sauce	Hand Battered Fish with Chips, Baked Beans, Peas or Curry Sauce
<b>ALL SERVED WITH SEASONAL VEGETABLES &amp; POTATO OR RICE DISH OF THE DAY</b>					
<b>PLANT BASED / VEGETARIAN</b>	Oriental Vegetable Chow Mein	Vegan Sausage with Cajun Wedges & Sweetcorn/Beans	Seasoned Quorn Fillet served with Roast Potatoes	Soy Quorn with Oriental Vegetable Fried Rice	Vegetable Pizza served with Chips, Baked Beans, Peas or Curry Sauce
<b>ALL SERVED WITH SEASONAL VEGETABLES &amp; POTATO OR RICE DISH OF THE DAY</b>					
<b>STREET FOOD</b>	Chicken Tikka Wrap with Crispy Salad & Minted Yoghurt	Donner Meat Naan Kabab With Salad & Mint Yogurt	Jerk Chicken Wrap	Hot N Spicy Southern Fried Chicken Baguette	Southern Fried Chicken Fillets with Chips, Baked Beans or Curry Sauce
<b>TAKEAWAY TUBS</b>	Pasta served with Selection of Sauces	Pasta served with Selection of Sauces	Pasta served with Selection of Sauces	Pasta served with Selection of sauces	Pasta served with Selection of Sauces
<b>PIZZA SLICE</b>	Margarita Pepperoni	Margarita Pepperoni	Margarita Pepperoni	Margarita Pepperoni	Margarita Pepperoni
<b>JACKETS</b>	<b>TRY OUR DELICIOUS FILLINGS FOR 85p EACH</b>				
<b>DESSERTS</b>	Apple Crumble with Custard	Chocolate Cake with Custard	Sticky Toffee Pudding with Custard	Vanilla Sponge with Custard	White Chocolate Cookie Bake

## Meal Deal

Main Meal  
With Vegetables  
And Dessert



+



+



# £2.50

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