

# 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 £2.00</b>	Creamy Chicken Alfredo with Pasta and Salad	Chicken Katsu Curry served with Steamed Rice	Roast Pork with Roast Potatoes, Seasonal Vegetables and Gravy	Pork in Black Bean Sauce served with Egg Noodles and Fresh Coriander	Battered Fish served with Chips and Baked Beans or Peas
<b>PLANT BASED / VEGETARIAN £2.00</b>	Smoked Paprika Mac 'n' Cheese served with Salad	Vegetable Balti Curry served with Steamed Fluffy rice	Vegetarian Wellington Roast Potatoes, Seasonal Vegetables and Gravy	Roasted Sweet & Sour Vegetables served with Noodles	Vegetable Pizza with Chips and Baked Beans
<b>STREET FOOD £2.45</b>	Flavoured Chicken wrap with Salad	Sweet Chilli Chicken Noodles with Stir Fry Vegetables	Brazilian Coconut Chicken Burrito	Chip Shop Style Kebab on Naan with Salad	Chicken Fried Rice in Soy Sauce with Roasted Vegetables
<b>PASTA POT £2.00 SNACK GRAB AND GO £2.45</b>	Pasta served in Rich Tomato Sauce	Pasta served in Rich Tomato Sauce	Pasta served in Rich Tomato Sauce	Pasta served in Rich Tomato Sauce	Pasta served in Rich Tomato Sauce
<b>£2.00 PANINI £2.30</b>	Cheese Beef Burger in a Floured Bap	Chicken Tikka Burger in a Floured Bap	Giant Hot Dog in a Baguette	Southern Fried Chicken Wrap with Sweet Chilli Sauce	Chicken and Chips
<b>JACKETS £1.00</b>	Margherita	Margherita	Margherita	Margherita	Margherita
<b>DESSERTS £1.00</b>	Pepperoni	Pepperoni	Pepperoni	Pepperoni	Pepperoni
	With Our Delicious Fillings - Cheese, Baked Beans, Tuna - 1 Filling £1.65 and 2 Fillings £2.30				
	Fruit Crumble with Custard	Syrup Sponge with Custard	Chocolate Sponge with Chocolate Sauce	Sticky Toffee Pudding with Toffee Sauce	Fruit Crumble with Custard

## Meal Deal

Main Meal  
With Vegetables  
And Dessert



## £2.45

All of the Main Meals and Desserts are freshly made onsite every day