

# 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> £2.40	BEEF BURGER WITH WEDGES	COTTAGE PIE WITH VEGETABLES AND GRAVY	ROAST CHICKEN WITH VEGETABLES, POTATOES & GRAVY	CHICKEN CURRY AND TURMERIC INFUSED RICE	BREADED FISH CAKES WITH PEAS CHIPS & TARTARE SAUCE
<b>PLANT BASED MAIN MEAL / VEGETARIAN</b> £2.35	QUORN BURGER WITH WEDGES AND BEANS (VE)	VEG COTTAGE PIE WITH VEGETABLES AND GRAVY (V)	QUORN FILLET ROAST DINNER (V)	VEGETABLE STIR FRY WITH EGG NOODLES (V)	VEGETARIAN HOTDOG WITH CHIPS AND BEANS
<b>STREET FOOD</b> £2.25	PERI PERI CHICKEN AND POTATO POTS	JERK CHICKEN WITH RICE	GREEK STYLE CHICKEN IN A FLATBREAD WITH SALAD	BEEF BURRITOS AND SALSA	CURRIED CHICKEN BURRIOTS
<b>TAKEAWAY TUBS</b> £2.25	MEATBALLS ITALIANO	VEGETABLE CHOW MEIN (V)	PULLED PORK BAPS	MEXICAN CHICKEN WITH SAVOURY RICE	CHEESE & CHIPS WRAP (V)
	MAC 'N' CHEESE (V)	PASTA POMODORO (V)	TOMATO AND BASIL PASTA (V)	PENNE ARRABIATA (V)	TOMATO AND MASCARPONE (V)
<b>PIZZA SLICE</b> £1.50	PEPPERONI	SPICY CAJUN CHICKEN	CHEESE AND HAM	PEPPERONI AND JALAPENO	PEPPERONI
	MARGHERITA (V)	MARGHERITA (V)	MARGHERITA (V)	MARGHERITA (V)	MARGHERITA (V)
<b>JACKETS</b>	TRY OUR DELICIOUS FILLINGS FOR 82P EACH				
<b>DESSERTS</b>	LEMON DRIZZLE	APPLE CRUMBLE & CUSTARD	BROWNIE	JAM SPONGE	ICED CHOCOLATE SPONGE

## Meal Deal

Main meal with vegetables and dessert



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## £2.80

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