

# 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>	Crispy Chicken Burger with Seasoned Wedges, Slaw, BBQ Beans	Beef Chilli with Spicy Rice, Green Salad, Nachos	Roast Chicken with Roast Potatoes, Carrots, Peas	Chicken Tikka Masala with Pilaf Rice, Green Beans, Bombay Potatoes	Battered Fish with Chips, Peas, Baked Beans
<b>Plant Based / Vegetarian Main Meal</b>	Veggie Burger with Seasoned Wedges, Slaw, BBQ Beans	Vegetable Chilli with Spicy Rice, Green Salad, Nachos	Vegetarian Sausage with Roast Potatoes, Carrots, Peas	Sweet Potato & Chickpea Curry with Pilaf Rice, Green Beans, Bombay Potatoes	Sweet Potato Falafel Gyros with Chips, Peas, Baked Beans
<b>Street Food</b>	Piri Piri Chicken Wrap	Chicken Burrito	Folded Tikka Naan	Pulled Chicken & Stuffing Wrap	Chicken Gyros
<b>Takeaway Tubs</b>	Penne Arrabiata or Tomato & Basil	Penne Arrabiata or Tomato & Mascarpone	Penne Arrabiata or Chicken & Tomato	Penne Arrabiata or Mac & Cheese	Penne Arrabiata or Roasted Vegetable
<b>Pizza Slice</b>	Margherita or Vegetarian	Margherita or Chicken and Peppers	Margherita or Chicken & Sweetcorn	Margherita or American Hot	Margherita or BBQ Chicken
<b>Jacket Potato</b>	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
<b>Desserts</b>	Jam Sponge	Chocolate Brownie	Apple Crumble & Custard	Banana Home Bake	Orange Oatmeal Cookie



## Meal Deal

Main Meal with vegetables and dessert



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



# Lunch Week 2

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>	Beef Ragu with Diced Herb Potatoes, Sweetcorn, Penne Pasta	Katsu Chicken Curry with Coconut Rice, Potato Wedges, Slaw	Roast Turkey with Roast Potatoes, Carrots, Broccoli	Pulled Chicken with Cajun Wedges, Slaw, BBQ Beans	Battered Fish with Chips, Peas, Baked Beans
<b>Plant Based / Vegetarian Main Meal</b>	Vegetable Chilli with Diced Herb Potatoes, Sweetcorn, Penne Pasta	Spinich & Lental Curry with Coconut Rice, Potato Wedges, Slaw	Vegetarian Sausage with Roast Potatoes, Carrots, Broccoli	Mac & Cheese with Cajun Wedges, Slaw, BBQ Beans	Sweet Potato Falafel Gyros with Chips, Peas, Baked Beans
<b>Street Food</b>	Piri Piri Chicken Wrap	Chicken Burrito	Folded Tikka Naan	Pulled Chicken & Stuffing Wrap	Chicken Gyros
<b>Takeaway Tubs</b>	Penne Arrabiata or Tomato & Basil	Penne Arrabiata or Tomato & Mascarpone	Penne Arrabiata or Chicken & Tomato	Penne Arrabiata or Mac & Cheese	Penne Arrabiata or Roasted Vegetable
<b>Pizza Slice</b>	Margherita or Vegetarian	Margherita or Chicken and Peppers	Margherita or Chicken & Sweetcorn	Margherita or American Hot	Margherita or BBQ Chicken
<b>Jacket Potato</b>	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
<b>Desserts</b>	Flapjack	Pear & Chocolate Sponge	Apple Crumble & Custard	Lemon Shortbread	Jam Victoria Sponge



## Meal Deal

Main Meal with vegetables and dessert



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



# 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>	Piri Piri Chicken with Patatas Bravas, Spicy Rice, Peas	Beef Lasagne with Green Salad, Garlic Bread, Slaw	Roast Chicken with Roast Potatoes, Carrots, Green Beans	Sticky Chicken with Noodles, Broccoli, Steamed Coconut Rice	Battered Fish with Chips, Peas, Baked Beans
<b>Plant Based / Vegetarian Main Meal</b>	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
<b>Street Food</b>	Piri Piri Chicken Wrap	Chicken Burrito	Folded Tikka Naan	Pulled Chicken Bap	Chicken Gyros
<b>Takeaway Tubs</b>	Penne Arrabiata or Tomato & Basil	Penne Arrabiata or Tomato & Mascarpone	Penne Arrabiata or Chicken & Tomato	Penne Arrabiata or Mac & Cheese	Penne Arrabiata or Roasted Vegetable
<b>Pizza Slice</b>	Margherita or Vegetarian	Margherita or Cheese and Peppers	Margherita or Chicken & Sweetcorn	Margherita or American Hot	Margherita or BBQ Chicken
<b>Jacket Potato</b>	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
<b>Desserts</b>	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.

