

# 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
Main Meal	Honey and soy Asian chicken with rice and spiced corn.	Beef Chilli with Spicy Rice, Greek Salad, Nachos	Roast Gammon with Roast Potatoes, Carrots, Peas	Chicken Tikka Masala with Pilaf Rice, Green Beans, Bombay Potatoes	Battered Fish with Chips, Peas, Baked Beans
Plant Based / Vegetarian Main Meal	Kung Pao Cauliflower with rice & spiced corn	Vegetable Chilli with Spicy Rice, Greek Salad, Nachos	Broccoli, Cheese & Onion Quiche with Roast Potatoes, Carrots, Peas	Sweet Potato & Chickpea Curry with Pilaf Rice, Green Beans, Bombay Potatoes	Onion Bhaji & curry sauce with Chips
Street Food	Chicken Burger	BBQ Pulled pork wrap	Folded Tikka Naan	Chicken chunks with rice & sweet chilli	Stuffed kebab Pitta with salad
Takeaway Tubs	Penne Arrabiata or Tomato & Chorizo	Penne Arrabiata or Tomato & Mascarpone	Penne Arrabiata or Chicken & Tomato	Penne Arrabiata or Mac & Cheese	Penne Arrabiata or Roasted Vegetable
Pizza Slice	Margherita or Pepperoni	Margherita or Ham & Tomato	Margherita or Chicken & Sweetcorn	Margherita or American Hot	Margherita or 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	Jam Sponge with Custard	Chocolate Brownie	Apple Crumble & Custard	Banana Home Bake	Orange 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 2

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Ragu with Diced Herb Potatoes, Sweetcorn, Penne Pasta	Katsu Chicken Curry with Coconut Rice, Potato Wedges, Slaw	Roast Chicken with Roast Potatoes, Carrots, Broccoli	Pulled Pork with Cajun Wedges, Slaw, BBQ Beans	Battered Fish with Chips, Peas, Baked Beans
Plant Based / Vegetarian Main Meal	Vegetable Chilli with Diced Herb Potatoes, Sweetcorn, Penne Pasta	Spinach & Lentil Curry with Coconut Rice, Potato Wedges, Slaw	Roasted squash and feta bake with Roast Potatoes, Carrots, Broccoli	Stuffed Roasted pepper with Cajun Wedges, Slaw, BBQ Beans	Sweet Potato Falafel Gyros with Chips, Peas, Baked Beans
Street Food	Piri Piri Chicken Wrap	Chicken Hoi sin noodles	Pulled Pork and stuffing wrap	Chicken Burrito	Kofta with chips and slaw
Takeaway Tubs	Penne Arrabiata or Tomato & Chorizo	Penne Arrabiata or Tomato & Mascarpone	Penne Arrabiata or Chicken & Tomato	Penne Arrabiata or Mac & Cheese	Penne Arrabiata or Roasted Vegetable
Pizza Slice	Margherita or Pepperoni	Margherita or Ham & Tomato	Margherita or Chicken & Sweetcorn	Margherita or American Hot	Margherita or 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	Chocolate and coconut cake	Pear & Chocolate Sponge	Apple and Cinnamon	Lemon Sponge	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

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Piri Piri Chicken with Patatas Bravas, Spicy Rice, Pickled red onion	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	Bean and cheese Taquitos with Patatas Bravas, Spicy Rice, Pickled red onion	Vegetable Lasagne with Green Salad, Garlic Bread, Slaw	Cauliflower steak with Roast Potatoes, Carrots, Green Beans	Vegetable green Thai Curry with Noodles, Broccoli, Steamed Coconut Rice	Sweet Potato Falafel Gyros with Chips, Peas Baked Beans
Street Food	BBQ Chicken Wrap	Chicken Nasi Goreng	Chilli Dog with spicy mayo	Pulled Pork Bap	Chicken Souvlaki with Tzatziki
Takeaway Tubs	Penne Arrabiata or Tomato & Chorizo	Penne Arrabiata or Tomato & Mascarpone	Penne Arrabiata or Chicken & Tomato	Penne Arrabiata or Mac & Cheese	Penne Arrabiata or Roasted Vegetable
Pizza Slice	Margherita or Pepperoni	Margherita or Ham & Tomato	Margherita or Chicken & Sweetcorn	Margherita or American Hot	Margherita or 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	Chocolate Sponge	Baked Apple Tart	Lemon Drizzle Cake	Toffee 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.

