

# 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                                  | Chicken Curry Served with Pilau Rice          | Roast Gammon served with Gravy & Thyme Roasted Potatoes | Beef Lasagna served with Garlic bread & Salad       | Battered Fish served with Chips, Peas or Baked Beans              |
| <b>PLANT BASED / VEGETARIAN</b>   | Vegetable Mince Pasta Bolognaise           | Spinach & Lentil Curry Served with pilau Rice | Vegetable Stir-fry with Egg Noodles                     | Vegetarian Lasagna served with Garlic bread & Salad | Vegetable Burger in a Bun served with Chips, Peas, or Baked Beans |
| <b>ALL SERVED WITH SEASONAL VEGETABLES &amp; POTATO OR RICE DISH OF THE DAY</b> |  |   |   |   |   |
| <b>STREET FOOD</b>  | Greek Style Chicken Flatbread              | Caramelized Onion & Sausage Sub               | Chicken Burger with Salad                               | Pulled Pork Nachos                                  | Southern fried chicken & Chips                                    |
| <b>TAKEAWAY TUBS</b>  | Tomato & Chorizo Pasta                     | Tomato & Mascarpone Pasta                     | Bolognaise Pasta  | Vegetable Fajita Pasta                              | Tomato & Basil Pasta  |
|   | Penne Arrabiata                            | Chicken & Vegetable Stir-fry                  | Penne Arrabiata with Roasted Vegetables                 | Piri Piri chicken Wings                             | Macaroni Cheese Pot   |
| <b>PIZZA SLICE</b>  | Margarita Pepperoni                        | Margarita Ham & Tomato                        | Margarita Chicken & Sweetcorn                           | Margarita Hot & Spicy                               | Margarita BBQ Chicken   |
| <b>JACKETS</b>  | <b>TRY OUR DELICIOUS FILLINGS FOR EACH</b> |   |   |   |   |
| <b>DESSERTS</b>   | Homemade Flapjack                          | Pear & Chocolate Sponge served with Custard   | Chocolate Brownie                                       | Apple Crumble & Custard                             | Lemon Shortbread  |

## Meal Deal

Main Meal With Vegetables And Dessert



## £3.25

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