

# 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
MAIN MEAL	PASTA BOLOGNAISE WITH SAUTE POTOES AND A GARLIC AND HERB SLICE	CHICKENI N A BLACK BEAN SAUCE WITH EGG NOODLES	CHILLI CHICKEN WITH SECNTED RICE AND A TORTILLA WRAP	ROAST OF THE DAY HERBY POTATOES LEEKS & ROASTED CARROTS	TAKEOUT BATTERED FISH WITH SALTED CHIPS MUSHY PEAS
PLANT BASED / VEGETARIAN	VEGETABLE BOLOGNAISE WITH SAUTE POTOES AND A GARLIC AND HERB SLICE	VEGETABLE STIR FRY WITH EGG NOODLES	SPICY VEGETABLES IN A FOLDED NAAN BREAD WITH SCENTED RICE	ROAST VEGETABLES HERBY POTATOES LEEKS	CRISPY CAJUN SEASONED FRIES
STREET FOOD	CHILLI NACHO'S	CHICKEN BURGER WITH SALAD AND GARLIC MAYO	POTTED CHICKEN NUGGETS	DONNER MEAT IN A TORTILLA WRAP	BBQ HOT DOGS
TAKEAWAY TUBS	PASTA SPIRALS & ASSORTED SAUCES	PASTA SPIRALS & ASSORTED SAUCES	PASTA SPIRALS & ASSORTED SAUCES	PASTA SPIRALS & ASSORTED SAUCES	PASTA SPIRALS & ASSORTED SAUCES
PIZZA SLICE OR PANINI	MARGHERITA PEPPERONI	MOZARELLA PEPPERONI	MARGHERITA PEPPERONI	MARGHERITA PEPPERONI	MARGHERITA PEPPERONI
JACKETS	TRY OUR DELICIOUS FLLINGS FROM CHEESE, BEANS, TUNA MAYO & CHEESE SAVOURY				

## Meal Deal

Main Meal  
With Vegetables  
And Dessert



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## £2.45

All Of Our Main Meals and Desserts Are Freshly Made On Site Every Day