

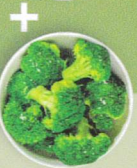
Lunch week 1

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	CHICKEN BURGER IN A BUN WITH LETTUCE & LEMON MAYO	PASTA BOLOGNAISE WITH GARDEN SALAD AND GARLIC SLICE	ROASTED GAMMON BAP & ROASTED POTATOES	CHICKEN TIKKA CURRY SERVICED WITH PILAU RICE	BATTERED FISH & TARTAR SAUCE MUSHY PEAS
PLANT BASED / VEGETARIAN	QUORN DAHL WITH SALSA & SOUR CREAM	VEGETABLE BOLOGNAISE WITH GARDEN SALAD AND GARLIC SLICE	BROCCOLI PASTA BAKE	POTATO & CHICKPEA CURRY	FALAFEL SHARMA FLATBREAD WITH SPICY WEDGES
STREET FOOD	VEGETABLE BURRITO WRAP	CHICKEN CHOW MEIN	TEX MEX CHICKEN TACO WITH ASIAN SLAW	TIKKA CHICKEN FLATBREAD WITH ONIONS & PEPPERS	CHILLI DOGS WITH SOUR CREAM & SALSA
PASTA / RICE	PENNE ARRABIATA	MAC 'N' CHEESE	CHURRASCO CHICKEN RICE & PEAS	ROASTED HAM & CHEESE	SPICY CHICKEN MACARONI
GRAB BAGS	HASH BROWNS	CHICKEN NUGGETS	MOZZERELLA STICKS	JERKED POTATOES	CHIPS
PIZZA SLICE	PEPPERONI	MARGHERITA	BQO CHICKEN	MARGHERITA	MEAT FEAST
JACKETS	TRY OUR DELICIOUS FILLINGS FOR 40P EACH				
DESSERTS	CHOOSE FROM A SELECTION OF OUR HOMEMADE CAKES & CHILLED DESSERT POTS				

Meal Deal

Main Meal
With Vegetables
And Dessert



£2.70

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