

# 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>	BEEF & MUSHROOM PUFF PASTRY PIE WITH ROASTED PARSNIPS	SAUSAGE & MASH, BROCCOLI SERVED WITH ONION GRAVY	CHICKEN TIKKA GARLIC RICE & POPPADOMS	CHILLI CON CARNIE WITH RICE, SALSA & SOUR CREAM	BATTERED FISH BAKED BEANS & TARTAR SAUCE
<b>PLANT BASED / VEGETARIAN</b>	FALAFAL BURGERS WITH RELISH & TOMATO SALAD	QUORN CHILLI BURRITO WITH SALSA	ROASTED VEGETABLE LASAGNE WITH GARLIC SLICE	VEGETABLE STR FRIED SOY NOODLES	BUTTERNUT SQUASH CURRY WITH NAAN BREAD & ONIONS SALAD
<b>STREET FOOD</b>	LOADED CHEESEBURGER WITH BACON BITS	SPECIAL SINGAPORE FRIED CHOW MEIN	PHILLY STYLE CHEESE DOG	PULLED PORK NACHOS, SOUR CREAM & SALSA	FISH FINGER BAP ICEBERG LETTUCE & TARTAR SAUCE
<b>PASTA POTS</b>	TOMATO & BASIL PENNE	HAM & CHEESE FUSILI	CHICKEN & PASTA BAKE	MAC 'N' CHEESE	PENNE ARRIBIATA
<b>GRAB BAGS</b>	CHICKEN NUGGETS	SALT & PEPPER WEDGES	DIRTY FRIES	CAJUN SPICED POTATOES	CHIPS
<b>PIZZA SLICE JACKETS</b>	AMERICAN HOT	MARGHERITA	SPICY SAUSAGE	BQ CHICKEN	CHILLI BEEF
<b>DESSERTS</b>	CHOOSE FROM A SELECTION OF OUR HOMEMADE CAKES & CHILLED DESSERT POTS				
<b>TRAY BAKES</b>	DAILY HOMEMADE TRAY BAKES & CAKES AVAILABLE				

TRY OUR DELICIOUS FILLINGS FOR P EACH

**Meal Deal**  
Main Meal  
With Vegetables  
And Dessert



**£2.70**  
All of our Main Meals and Desserts Are Freshly Made On Site Every Day