

# 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                                      |
|--|---|---|--------------------------------|----------------------------|---|
| <b>MAIN MEAL</b><br>£2.10                | CHICKEN ENCHILADA WITH RICE & VEGETABLES  | BEEFBURGER BAP WITH JACKET WEDGES & PEAS    | CHICKEN & SWEET CHILLI NOODLES | SPAGHETTI BOLOGNESE        | BATTERED FISH & CHIPS WITH TOMATO SAUCE     |
| <b>PLANT BASED / VEGETARIAN</b><br>£2.10 | VEGETABLE ENCHILADA WITH RICE & VEGETABLES  | VEGETARIAN BURGER WITH JACKET WEDGES & PEAS | SWEET CHILLI VEGETABLE NOODLES | SPAGHETTI QUORN BOLOGNESE  | VEGETABLE NUGGETS & CHIPS WITH TOMATO SAUCE |
| <b>PASTA POTS</b><br>£1.70               | TOMATO & BASIL  | MEATBALLS WITH TOMATO SAUCE                 | TOMATO & BASIL                 | MACARONI CHEESE            | TOMATO & BASIL                              |
| <b>GRAB 'N' GO SNACKS</b><br>£1.70       | MEDITERRANEAN CHICKEN WRAP  | CHICKEN BURGER                              | SELECTION OF PANINIS           | BBQ CHICKEN & CHEESE WRAPS | CHICKEN GOUJONS & CHIPS £2                  |
| <b>JACKETS</b><br>£1.70                  | AVAILABLE DAILY – FROM £1.50 A SELECTION OF FRESHLY MADE SANDWICHES FILLED BAGUETTES AND SALADS     |   |                                |                            |   |
| <b>THE CAKE SHOP</b><br>85P              | AVAILABLE DAILY   |   |                                |                            |   |
| <b>HYDRATION</b>                         | TOPPED WITH GRATED CHEESE & BAKED BEANS   |   |                                |                            |   |
|  | A SELECTION OF HOMEMADE CAKES   |   |                                |                            |   |
|  | SHORTBREAD CHOCOLATE MUFFINS LEMON DRIZZLE CAKE FLAPJACK CHOCOLATE BROWNIE CHOCOCOLATE CHIP COOKIES |   |                                |                            |   |
|  | WATER & A SELECTION OF COLD DRINKS & FRUIT JUICES AVAILABLE DAILY                                   |   |                                |                            |   |

## Meal Deal

Main Meal  
With Vegetables  
And Dessert



+



+



## £2.70

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