

Lunch week 1

All of our main meals are served with vegetables or salad & potatoes or rice. We also offer freshly made sandwiches, baguettes, salads and fruit at all meals.

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 meals	Cajun Shredded Chicken With Seasoned Wedges, Slaw, BBQ Beans	Chicken Enchiladas Spicy Rice, Peppers & Green Beans, Soured Cream Salsa	Roast Turkey With Roast Potatoes, Seasonal Vegetables Stuffing & Gravy	Chicken Tikka Masala With Pilaf Rice & Aloo Gobi	Fish & Chips, Mushy Peas, Chip Shop Specials
Plant based Vegetarian	Vegetable Frittata Seasoned Wedges, Slaw, BBQ Beans (V)	Plant Based Chilli Spicy Rice, Peppers & Green Beans Salsa (V)	Vegetable Sausage Toad in the Hole Roast Potatoes, Vegetables (V)	Spinach & Lentil Dhal Curry with Pilaf Rice & Naan Bread (V)	Falafel Burger, Chips & Mushy Peas (V)
Street food	BBQ Chicken Burger	Chilli Beef Loaded Nachos	Greek Chicken Flatbread, Salad & Tzatziki	Pulled Chicken Fajita	Fish Finger Taco
Pasta and Noodles	Penne Arrabbiata (V) Tomato & Pepperoni pasta	Sweet Chilli Infused Vegetable Noodles (V) Mac & Cheese (V)	Tomato & Basil Fusilli (V) Chicken & Pesto pasta	Singapore Noodles (V) Mac & Cheese (V)	Penne Arrabbiata (V) Spicy Meatball pasta
Pizza Slice	Margherita (V) Pepperoni	Spinach, Pesto & Buffalo Mozzarella (V) BBQ Chicken	Margherita (V) Spicy Meatball	Roasted Pepper & Mushroom (V) Meat Feast	Margherita (V) Chicken & Sweetcorn
Jacket potatoes	Choose 1 or 2 of the following. Cheddar cheese, baked beans, Tuna mayo				
Desserts	Forest Fruits Sponge & Custard (V)	Lemon & Ginger Drizzle(V)	Apple Crumble & Custard (V)	Sticky Toffee Date Pudding (V)	Banana Cake (V)

Meal Deal
Main meal with vegetables and dessert



£2.95

All of our main meals, sandwiches & desserts are freshly made on site every day

Lunch week 2

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken Sausage & Mash Broccoli, Carrots Gravy	Beef Ragù Sauté Potatoes, Garlic Bread & Green Beans	Roast Chicken With Roast Potatoes Seasonal Vegetables Stuffing & Gravy	Jerk Chicken, Rice & Peas, Creamed Corn Jerk Gravy	Fish & Chips, Garden Peas, Baked Beans Chip Shop Specials
PLANT BASED / VEGETARIAN	Vegan Sausage & Mash Broccoli, Carrots Gravy (V)	Sweet Potato & Pepper Lasagne, Garlic Bread & Green Beans (V)	Veggie Mince & Onion Pie Roast Potatoes Seasonal Vegetables (V)	Macaroni Bake Salad & Cajun Slaw (V)	Battered Halloumi Chips, Garden Peas & Baked Beans (V)
Street food	Pepperoni Loaded Wedges	Crispy Chicken Burger Salad & Mayo	Roasted Vegetable Burrito (V)	Pulled Chicken Nachos	Fish Cake Burger Tartare Sauce Salad
Pasta and Noodles	Penne Arrabbiata (V)	Sweet Chilli Infused Vegetable Noodles (V)	Tomato & Basil Fusilli (V)	Penne Arrabbiata (V)	Singapore noodles (v)
	Tomato & Chicken Pasta	Mac & Cheese (V)	Chicken & Pesto Pasta	Tomato & Mascarpone Penne (V)	Spicy Meatball Pasta
Pizza Slice	Margherita (V)	Spinach, Pesto & Buffalo Mozzarella (V)	Margherita (V)	Roasted Pepper & Mushroom (V)	Margherita (V)
	Pepperoni	BBQ Chicken	Spicy Quorn	Meat Feast	Chicken & Sweetcorn
Jacket potatoes	Choose 1 or 2 of the following. Cheddar cheese, baked beans, Tuna mayo				
Desserts	Strawberry Jam Sponge & Custard (V)	Lemon Shortbread (V)	Berry Crumble & Custard (V)	Beetroot Brownie Chocolate Sauce (V)	Pineapple Upside Down Cake (V)

Meal Deal

Main meal
with vegetables
and dessert



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+



£2.95

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Lunch week 3

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Spanish Chicken With Patatas Bravas, Slaw & Corn	Beef Lasagne With Green Salad & Garlic Bread	Chicken Tenders Spiced Potato Wedges Macho Peas BBQ Glaze	Sweet Chilli Chicken Steamed Rice Stir Fried Vegetables	Fish & Chips Garden Peas, Baked Beans Chip Shop Specials
PLANT BASED / VEGETARIAN	Vegetable Fajita With Spicy Rice, Salsa & Salad (V)	Vegetable Lasagne With Green Salad & Garlic Bread (V)	Roasted Pepper & Quorn Burrito Spiced Potato Wedges Macho Peas (V)	Vegetable Spring Roll Steamed Rice Stir Fried Vegetables (V)	Spiced Veggie Burger Chips & Curry Sauce (V)
Street food	Southern Fried Chicken Wrap	Sweet Potato Lentil Dhal Rice & Naan (V)	Greek Chicken Flatbread, Salad & Tzatziki	Oriental Noodle Bar	Falafel Pitta (V)
Pasta and Noodles	Penne Arrabbiata (V) Tomato & Pepperoni Pasta	Sweet Chilli Infused Vegetable Noodles (V) Mac & Cheese (V)	Tomato & Basil Fusilli (V) Chicken & Pesto Pasta	Tomato & Mascarpone Penne (V) Mac & Cheese (V)	Singapore Noodles (V) Spicy Meatball pasta
Pizza Slice	Margherita (V) Pepperoni	Spinach, Pesto & Buffalo Mozzarella (V) BBQ Chicken	Margherita (V) Mexican Vegetable	Roasted Pepper & Mushroom (V) Meat Feast	Margherita (V) Chicken & Sweetcorn
Jacket potatoes	Choose 1 or 2 of the following. Cheddar cheese, baked beans, Tuna mayo				
DESSERTS	Pear & Chocolate Sponge (V)	Baked Apple Flapjack (V)	Lemon Drizzle Cake (V)	Iced Sponge (V)	Orange Oatmeal Cookie (V)

Meal Deal

Main meal
with vegetables
and dessert



+



+



£2.95

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wiches & desserts are freshly
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Break

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
THE BAKERY	Waffles £1.25	Blueberry Muffin £1.25	Croissant £1.25	Iced Cinnamon Swirl £1.25	Cookies £1.25
VEGETARIAN	Cheese & Bean Melt £1.50	Loaded Nachos £1.84	Spinach & Feta Turnover £1.50	Stir Fried Noodles £2.30	Beans, Hash Brown, Veg Sausage Pot. £1.95
HOT BREADS & SLICES	Piri Piri Chicken Wrap £2.55	Chicken Tikka Folded Naan £2.55	Chicken Shawarma £2.55	Crispy Chicken Burger £2.55	BBQ Chicken Sub £2.55
	Margherita Pizza Pepperoni Pizza £1.20	Pizza melt panini BBQ chicken panini. £2.15	Margherita Pizza Roasted Vegetable Pizza £1.20	Pizza Melt Panini Pepperoni Panini £2.15	Margherita Pizza BBQ Chicken Pizza £1.20
HOT SAVOURIES	Sausage Roll £1.60	Mini Vegetable Samosas with Mango Dip £2.10	Cheese & Onion Toastie £1.55	Vegetable Spring Roll £1.50	Beans, Hash Brown, Sausage Pot. £1.95
	Tandoori Chicken Bites £2.50	Chicken Tenders £2.10	Potato Wedges & Sour Cream £1.10	Popcorn Chicken Bites £2.50	Chilli Loaded Fries £2.50
ON THE SIDE	Onion Rings £1.70	Garlic Bread £1.20	Hash Browns £1.20	Spiced Potato Wedges £1.00	Sweet Chilli Glazed Mozzarella Sticks £1.70