

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 | Crispy Chicken Burger with Seasoned Wedges, Slaw, BBQ Beans | Beef Chilli with Spicy Rice, Green Salad, Nachos | Roast Gammon with Roast Potatoes, Carrots, Peas | Chicken Tikka Masala with Pilaf Rice, Green Beans, Bombay Potatoes | Battered Fish with Chips, Peas, Baked Beans |
| Plant Based / Vegetarian Main Meal | Veggie Burger with Seasoned Wedges, Slaw, BBQ Beans | Vegetable Chilli with Spicy Rice, Green Salad, Nachos | Quorn Roast Fillet with Roast Potatoes, Carrots, Peas | Sweet Potato & Chickpea Curry with Pilaf Rice, Green Beans, Bombay Potatoes | Sweet Potato Falafel Gyros with Chips, Peas, Baked Beans |
| Street Food | Piri Piri Chicken Wrap | Chicken Burrito | Folded Tikka Naan | Pulled Pork & Stuffing Wrap | Chicken Gyros |
| Jacket Potato | Available daily with a range of delicious fillings | Available daily with a range of delicious fillings | Available daily with a range of delicious fillings | Available daily with a range of delicious fillings | Available daily with a range of delicious fillings |
| Desserts | Jam Sponge with Custard | Chocolate Brownie | Apple Crumble & Custard | Banana Home Bake | Orange Oatmeal Cookie |



Meal Deal

Main Meal with vegetables and dessert



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



Lunch Week 2

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

Beef Ragu with Diced Herb Potatoes, Sweetcorn, Penne Pasta

Katsu Chicken Curry with Coconut Rice, Potato Wedges, Slaw

Roast Chicken with Roast Potatoes, Carrots, Broccoli

Pulled Pork with Cajun Wedges, Slaw, BBQ Beans

Battered Fish with Chips, Peas, Baked Beans

Plant Based / Vegetarian Main Meal

Vegetable Chilli with Diced Herb Potatoes, Sweetcorn, Penne Pasta

Spinich & Lentil Curry with Coconut Rice, Potato Wedges, Slaw

Quorn Roast Fillet with Roast Potatoes, Carrots, Broccoli

Mac & Cheese with Cajun Wedges, Slaw, BBQ Beans

Sweet Potato Falafel Gyros with Chips, Peas, Baked Beans

Street Food

Piri Piri Chicken Wrap

Chicken Burrito

Folded Tikka Naan

Pulled Pork & Stuffing Wrap

Chicken Gyros

Jacket Potato

Available daily with a range of delicious fillings

Available daily with a range of delicious fillings

Available daily with a range of delicious fillings

Available daily with a range of delicious fillings

Available daily with a range of delicious fillings

Desserts

Flapjack

Pear & Chocolate Sponge

Apple Crumble & Custard

Lemon Shortbread

Jam Victoria Sponge

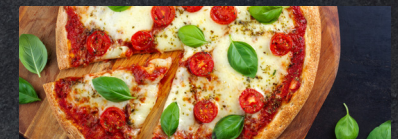


Meal Deal

Main Meal with vegetables and dessert



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



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 | Piri Piri Chicken with Patatas Bravas, Spicy Rice, Peas | Beef Lasagne with Green Salad, Garlic Bread, Slaw | Roast Gammon with Roast Potatoes, Carrots, Green Beans | Sticky Chicken with Noodles, Broccoli, Steamed Coconut Rice | Battered Fish with Chips, Peas, Baked Beans |
| Plant Based / Vegetarian Main Meal | Quorn Chilli Burrito with Patatas Bravas, Spicy Rice, Peas | Vegetable Lasagne with Green Salad, Garlic Bread, Slaw | Vegetable Toad in the Hole with Roast Potatoes, Carrots, Green Beans | Vegetable Red Thai Curry with Noodles, Broccoli, Steamed Coconut Rice | Sweet Potato Falafel Gyros with Chips, Peas, Baked Beans |
| Street Food | Piri Piri Chicken Wrap | Chicken Burrito | Folded Tikka Naan | Pulled Pork Bap | Chicken Gyros |
| Jacket Potato | Available daily with a range of delicious fillings | Available daily with a range of delicious fillings | Available daily with a range of delicious fillings | Available daily with a range of delicious fillings | Available daily with a range of delicious fillings |
| Desserts | Iced Chocolate Sponge | Baked Apple Flapjack | Lemon Drizzle Cake | Iced Sponge | Chocolate Brownie |



Meal Deal

Main Meal with vegetables and dessert



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

