

# 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>	CHICKEN CURRY SERVED WITH STEAMED RICE	CHILLI BEEF TACO'S SERVED WITH CAJUN SLAW	CHINESE CHICKEN STIR FRY NOODLES WITH SOY, SWEET CHILLI & LIME	PULLED PORK & PEPPER FLAT BREAD WITH BBQ WEDGES	BATTERED FISH WITH CHIPS, PEAS/BAKED BEANS
<b>PLANT BASED / VEGETARIAN</b>	VEGETABLE MASALA SERVED WITH STEAMED RICE	MIXED BEAN TACO'S SERVED WITH CAJUN SLAW	CHEESE & BEAN SLICE	CHEESE'E' CAULIFLOWER & BROCCOLI BAKE	BLACK BEAN & VEGETABLE CHOW MEIN WITH CRISPY SHEDDED CABBAGE
<b>PASTA POTS</b>	TOMATO RAGU	POMODORO	BOLOGNAISE	ARRABIATA	CHUNKY TOMATO
<b>JACKETS</b>	CHEESE BAKED BEANS OR DAILY SPECIAL	CHEESE BAKED BEANS OR DAILY SPECIAL	CHEESE BAKED BEANS OR DAILY SPECIAL	CHEESE BAKED BEANS OR DAILY SPECIAL	CHEESE BAKED BEANS OR DAILY SPECIAL
<b>SNACK &amp; GRAB BAR</b>	SALT & PEPPER SAUTED POTATOES	THE AMERICAN HOT MARGHERITA	CHILLI BEEF RICE POTS	SPICY CHICKEN MARGHERITA	SALTED CHIPS
	LOOK OUT FOR THE SPECIAL OF THE DAY £1.00 - £2.00				
<b>DESSERTS</b>	CHOOSE FROM A SELECTION OF OUR CHILLED DESSERTS & FRUIT POTS DAILY				
<b>TRAY BAKES</b>	DAILY HOMEMADE TRAY BAKES & CAKES AVAILABLE				

## Meal Deal

Main Meal  
With Vegetables  
And Dessert



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