



**MEAL  
DEAL**

*Basic Sandwich*

(CHEESE, EGG, HAM)

*Side Salad*

+

*Home Bake or Fruit Pot*

ONLY  
**£2.75**





# 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> £2.60	BEEF BURGER TOPPED WITH CHEESE	CHICKEN ENCHILADAS TOPPED WITH CHEESE & SERVED WITH SOUR CREAM	SAUSAGE & MASH	BREADED FISH FINGERS, CHIPS PEAS & TARTARE SAUCE	CHICKEN CURRY SERVED WITH PILAU RICE
<b>PLANT BASED / VEGETARIAN</b> £2.60	FALAFEL PATTIES IN FLAT BREAD WITH HOUMOUS	VEGETARIAN QUORN CHILLI SERVED WITH SAVOURY RICE	BROCCOLI PASTA BAKE	CHEESE & TOMATO QUICHE	SPINACH & LENTIL CURRY WITH PILAU RICE
<b>STREET FOOD</b>	SOUTHERN FRIED CHICKEN WRAP	VEGETABLE KHATI WRAP LOADED WITH SPICY VEGGIES AND RICE	BBQ CHICKEN WINGS	MEXICAN BEAN SALAD TORTILLA BOWL	LOADED HOT DOGS WITH CHOICE CHILLI, MUSTARD & ONIONS OR PULLED PORK TOPPING
<b>TAKEAWAY TUBS</b>	MEATBALL ITALINO	SWEET POTATO KATSU CURRY WITH TURMERIC RICE	CHICKEN ALFREDO	PENNE ARRABIATA	CHILLI BEEF CON CARNE
<b>PIZZA SLICE</b>	PENNE ARRABIATA WITH ROASTED VEGETABLES	GARLIC & THYME POTATO WEDGES	SPAGHETTI POMODORO	LOADED NACHOS	MAC N CHEESE
<b>JACKET POTATO &amp; 1 FILLING £2</b>	MARGHERITA	MARGHERITA	MARGHERITA	MARGHERITA	MARGHERITA
<b>DESSERTS £1.00</b>	PEPPERONI	PINEAPPLE HAWAIIAN	CHICKEN & SWEETCORN	AMERICAN HOT	BBQ CHICKEN
	HOT BANANA CAKE WITH CHOCOLATE SAUCE	DROP PANCAKES WITH CHERRY SAUCE & ICE CREAM	KEY LIME PIE	APPLE CRUMBLE & ICE CREAM	BAKEWELL TART

## TRY OUR DELICIOUS FILLINGS FOR 50P EACH

SERVED W/C: 17/04, 08/05, 05/06, 26/06, 17/07, 11/09, 02/10

### Meal Deal

Main Meal  
With Vegetables  
And Dessert



£2.75

All Our Main Meals  
Satisfying & Delicious Also  
Frequently 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
<b>MAIN MEAL</b> £2.60	FISH FINGER BAP WITH CRISPY LETTUCE & TATARE SAUCE	CHICKEN FAJITAS WITH PEPPERS & ONIONS	BEEF LASAGNE & GARLIC BREAD	OVEN BAKED FISH WITH CHIPS & GARDEN PEAS	CHICKEN CHOW MEIN WITH RICE
<b>PLANT BASED / VEGETARIAN</b> £2.60	VEGETABLE BURGER	MIXED BEAN & RICE MEXICAN BOWL	VEGETARIAN LASAGNE & GARLIC BREAD	POTATO & LENTIL CURRY	ROAST BELL PEPPER FRITTATA
<b>STREET FOOD</b> £2.30	PERI PERI CHICKEN POTS WITH A CHOICE OF SIDES	CHICKEN KAAATHI WRAP	SHAMI KEBAB LAMB PATTY IN A BRIOCHE BUN WITH LETTUCE & MANGO CHUTNEY	FETA CHEESE & HUMOUS FLATBREAD WITH SALAD	KATSU CHICKEN BURGER
<b>TAKEAWAY TUBS</b> £2.30	MEATBALL ITALINO	SWEET POTATO KATSU CURRY WITH TURMERIC RICE	CHICKEN ALFREDO	CHILLI BEEF CON CARNE	PENNE ARRABIATA
	PENNE ARRABIATA WITH ROASTED	GARLIC & THYME POTATO WEDGES	SPAGHETTI POMODORO	MAC 'N' CHEESE	LOADED NACHOS
<b>PIZZA SLICE</b> £1.50	MARGHERITA	MARGHERITA	MARGHERITA	MARGHERITA	MARGHERITA
	PEPPERONI	PINEAPPLE HAWAIIAN	CHICKEN & SWEETCORN	AMERICAN HOT	BBQ CHICKEN
<b>JACKET POTATO &amp; 1 FILLING</b> £1.70					
<b>DESSERTS</b> £1.00					

TRY OUR DELICIOUS FILLINGS FOR 50P EACH

ASK ABOUT OUR DAILY DESSERTS

SERVED W/C: 24/04, 15/05, 12/06, 03/07, 28/08, 18/09, 09/10

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

**£2.75**  
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.

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

**MAIN MEAL**  
£2.60

SWEET & SOUR CHICKEN WITH RICE

BATTERED FISH WITH PEAS & TARTAR SAUCE

ROAST PORK, STUFFING & APPLE SAUCE

CHILLI CON CARNE WITH SALSA & SOUR CREAM

CHICKEN BURGER IN A BUN WITH LETTUCE & CHILLI MAYO

**PLANT BASED / VEGETARIAN**  
£2.60

GRAB & GO VEGGIE SNACK BOX

VEGETABLE STIR FRY NOODLES

ROAST QUORN FILLET, STUFFING & APPLE SAUCE

QUORN CHILLI BURRITO WITH SALSA & SOUR CREAM

VEGETARIAN HOT DOG WITH CARAMALISED RED ONIONS

**STREET FOOD**  
£2.30

ONION BHAJI FLATBREAD WITH SWEET CHILLI 'SLAW

PERI CHICKEN WRAP

LAMB KOFTA FLATBREAD SERVED WITH TZATZIKI & SALAD

CHICKEN SHAWARMA FLATBREAD WITH SPICY VEGGIES & RICE

**TAKEAWAY TUBS**  
£2.30

PENNE PASTA POT

CHILLI BEEF CON CARNE

CHICKEN ALFREDO

SWEET POTATO KATSU CURRY WITH TURMERIC RICE

MEATBALL ITALINO

LOADED NACHOS

MAC 'N' CHEESE

SPAGHETTI POMODORO

GARLIC & THYME POTATO WEDGES

PENNE ARRABIATA WITH ROASTED

**PIZZA SLICE**  
£1.50

MARGHERITA

MARGHERITA

MARGHERITA

MARGHERITA

MARGHERITA

BBQ CHICKEN

AMERICAN HOT

CHICKEN & SWEETCORN

PINEAPPLE HAWAIIAN

PEPPERONI

**JACKET POTATO & 1 FILLING** £1.70

**DESSERTS** £1.00

ASK ABOUT OUR DESSERTS OF THE DAY

TRY OUR DELICIOUS FILLINGS FOR 50P EACH

SERVED W/C: 01/05, 22/05, 19/06, 10/07, 04/09, 25/09, 16/10

## Meal Deal

Main Meal With Vegetables And Dessert



£2.75

All of Our Main Meals, Sandwiches & Desserts Are Freshly Made On Site Every Day