

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	CHICKEN BURGER IN A BUN WITH LETTUCE & LEMON MAYO	PASTA BOLOGNESE WITH GARDEN SALAD AND GARLIC SLICE	ROASTED CHICKEN BAP & ROASTED POTATOES	CHICKEN TIKKA CURRY SERVED WITH PILAU RICE	BATTERED FISH & CHIPS WITH TARTAR SAUCE & MUSHY PEAS
	ALL SERVED WITH SEASONAL VEGETABLES & POTATOES OR RICE DISH OF THE DAY				
PLANT BASED / VEGETARIAN	QUORN DAHL WITH SALSA & SOUR CREAM	VEGETABLE BOLOGNESE WITH GARDEN SALAD AND GARLIC SLICE	BROCCOLI PASTA BAKE	POTATO & CHICKPEA CURRY	FALAFEL SHAWARMA FLATBREAD WITH SPICY WEDGES
	ALL SERVED WITH SEASONAL VEGETABLES & POTATOES OR RICE DISH OF THE DAY				
STREET FOOD	VEGETABLE BURRITO WRAP	CHICKEN CHOW MEIN	TEX MEX CHICKEN TACO WITH ASIAN SLAW	TIKKA CHICKEN FLATBREAD WITH ONIONS & PEPPERS	CHILLI DOGS WITH SOUR CREAM & SALSA
PASTA / RICE	PENNE ARRABBIATA	MAC 'N' CHEESE	CHURRASCO CHICKEN RICE & PEAS	CHICKEN BIRYANI	SPICY CHICKEN MACARONI
GRAB BAGS	HASH BROWNS	CHICKEN NUGGETS	MOZZARELLA STICKS	JERK POTATOES	LOADED FRIES
PIZZA SLICE / PANINIS	SWEET CHILLI CHICKEN PIZZA CHEESE & ONION PANINI	MARGHERITA PIZZA SAUSAGE PANINI	VEGETABLE FEAST PIZZA TUNA MELT PANINI	MARGHERITA PIZZA CHEESE & TOMATO PANINI	BBQ CHICKEN PIZZA MEATBALL & CHEESE PANINI
JACKETS	TRY OUR DELICIOUS FILLINGS FROM £0.70P EACH				
DESSERTS	CHOOSE FROM A SELECTION OF OUR HOMEMADE CAKES & CHILLED DESSERT POTS				

Meal Deal

Main Meal
With Vegetables
And Dessert



All Of Our Main Meals and 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	SWEET MEDITERRANEAN CHICKEN PENNE PASTA	CHICKEN ENCHILADAS WITH CHEESE SERVED WITH SOUR CREAM ALL SERVED WITH SEASONAL VEGETABLES & POTATOES OR RICE DISH OF THE DAY	LASAGNE WITH GARLIC BREAD & SALAD	CHICKEN TANDOORI WITH GARLIC INFUSED RICE	BATTERED FISH & CHIPS WITH TARTAR SAUCE & MUSHY PEAS
PLANT BASED / VEGETARIAN	ROASTED PEPPERS & FIVE BEAN CHILLI	VEGETABLE QUESADILLAS ALL SERVED WITH SEASONAL VEGETABLES & POTATOES OR RICE DISH OF THE DAY	VEGETABLE LASAGNE SERVED WITH SALAD & GARLIC BREAD	SPINACH & LENTIL CURRY	LOADED HOT DOGS SERVED WITH FRIED ONIONS
STREET FOOD	CHICKEN CHOW MEIN	SPICY BEEF BURRITOS WITH FRESH SALSA AND SPICY RICE	FALAFEL BURGER SERVED WITH ASIAN SLAW	CAJUN TANDOORI FLATBREAD WITH ONIONS & PEPPERS	FISH FINGER BAPS SERVED WITH TARTAR SAUCE
PASTA / RICE	VEGETABLE CHOW MEIN	MAC 'N' CHEESE	PENNE ARRABBIATA	SPICY CHICKEN PENNE PASTA	LOADED NACHOS
GRAB BAGS	CHICKEN NUGGETS	SPICY VEGETABLE CHOW MEIN	BBQ CHICKEN WRAP	SWEET CHILLI FALAFEL WRAP	MOZZARELLA STICKS
PIZZA SLICE / PANINIS	MARGHERITA PIZZA BBQ CHICKEN PANINI	VEGETABLE PIZZA TUNA MELT PANINI	BBQ CHICKEN PIZZA CHEESE & ONION PANINI	MARGHERITA PIZZA MEATBALL & CHEESE PANINI	SPICY MEATBALL PIZZA BBQ CHICKEN SAUSAGE PANINI
JACKETS	TRY OUR DELICIOUS FILLINGS FROM £0.70P EACH				
DESSERTS	CHOOSE FROM A SELECTION OF OUR HOMEMADE CAKES & CHILLED DESSERT POTS				

Meal Deal

Main Meal
With Vegetables
And Dessert



All Of Our Main Meals and 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	BBQ CHICKEN FAJITAS WITH PEPPERS & ONION	SAUSAGE & MASH SERVED WITH ONION GRAVY ALL SERVED WITH SEASONAL VEGETABLES & POTATOES OR RICE DISH OF THE DAY	LEMON HERB ROAST CHICKEN	CHILLI CON CARNE WITH RICE, SALSA & SOUR CREAM	BATTERED FISH & CHIPS WITH TARTAR SAUCE & MUSHY PEAS
PLANT BASED / VEGETARIAN	QUORN CHILLI BURRITO WITH SALSA & SOUR CREAM	FALAFEL BURGERS WITH CAJUN WEDGES ALL SERVED WITH SEASONAL VEGETABLES & POTATOES OR RICE DISH OF THE DAY	VEGETABLE LASAGNE	VEGETABLE STIR FRY NOODLES	POTATO, CHICKPEA & SPINACH CURRY
STREET FOOD	LOADED NACHOS, SOUR CREAM & CHEESE	PERI PERI CHICKEN WITH VEG RICE	PHILLY STYLE CHEESE DOG	CHICKEN GYROS FLATBREAD & ASIAN SLAW	FISH FINGER BAP WITH ICEBERG LETTUCE
TAKEAWAY TUBS	MAC & CHEESE • VEGETABLE CHOW MEIN	CHICKEN & PASTA BAKE DIRTY FRIES	CHILLI BEEF CON CARNE CHICKEN TIKKA BIRYANI	CHICKEN ALFREDO CAJUN WEDGES	PENNE ARRABBIATA • LOADED NACHOS & SOUR CREAM
PIZZA SLICE / PANINIS	CHICKEN TIKKA PIZZA • CHEESE, ONION & TOMATO PANINI	AMERICAN HOT BBQ CHICKEN PANINI	VEGETABLE FEAST PIZZA TUNA MELT PANINI	BBQ CHICKEN PIZZA CHEESE & ONION	MARGHERITA PIZZA • BBQ CHICKEN SAUSAGE PANINI
JACKETS	TRY OUR DELICIOUS FILLINGS FROM £0.70P EACH				
DESSERTS	CHOOSE FROM A SELECTION OF OUR HOMEMADE CAKES & CHILLED DESSERT POTS				

Meal Deal

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