

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 & Beans	Beef Chilli with Rice, Green Salad, Nachos	Roast Chicken 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 & Beans	Vegetable Chilli with Rice, Green Salad, Nachos	Root Vegetable Tart with Roast Potatoes, Carrots, Peas	Vegetable Biryani Pilaf Rice, Green Beans, Bombay Potatoes	Veggie Spring Roll with Chips, Peas, Baked Beans
Street Food	Piri Piri Chicken Wrap	Chicken Burrito	Folded Tikka Naan	Chicken & Stuffing Wrap	Chicken Gyros
Takeaway Tubs	Penne Arrabiata or Tomato & Chorizo	Penne Arrabiata or Tomato & Mascarpone	Penne Arrabiata or Chicken & Tomato	Penne Arrabiata or Mac & Cheese	Penne Arrabiata or Roasted Vegetable
Hot Deli Panini	Cheese & Onion	Cheese & Ham	Roasted Vegetable	Tuna Melt	Pizza Fill
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	Banana Sponge & Custard	Chocolate Sponge	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 and Sweetcorn	Katsu Chicken Curry with Coconut Rice, Potato Wedges, Slaw	Roast Chicken with Roast Potatoes, Carrots, Broccoli	Beef Lasagnae Garlic Bread & Wedges	Battered Fish with Chips, Peas, Baked Beans
Plant Based / Vegetarian Main Meal	Vegetable Chilli with Diced Herb Potatoes and Sweetcorn	Spinach & Lentil Curry with Coconut Rice, Potato Wedges, Slaw	Veggie Stir Fried Noodles	Vegetable Lasagna, Garlic Bread & Wedges	Veggie Burger with Chips, Peas, Baked Beans
Street Food	Piri Piri Chicken Wrap	Chicken Burrito	Folded Tikka Naan	Chicken & Stuffing Wrap	Chicken Gyros
Takeaway Tubs	Penne Arrabiata or Tomato & Chorizo	Penne Arrabiata or Tomato & Mascarpone	Penne Arrabiata or Chicken & Tomato	Penne Arrabiata or Mac & Cheese	Penne Arrabiata or Roasted Vegetable
Hot Deli Panini	Cheese & Onion	Cheese & Ham	Roasted Vegetable	Tuna Melt	Pizza Fill
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	Chocolate Brownie	Jam Sponge	Lemon Shortbread



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 Wedges, Rice, Peas	Beef Bolognese with Green Salad, Garlic Bread, Slaw	Roast Chicken with Roast Potatoes, Carrots, Green Beans	Sticky Chicken with Noodles, Broccoli, Steamed Rice	Battered Fish with Chips, Peas, Baked Beans
Plant Based / Vegetarian Main Meal	Vegetable Flatbread with Wedges, Spicy Rice, Peas	Vegetable Bolognese with Green Salad, Garlic Bread, Slaw	Vegetable Pie with Roast Potatoes, Carrots, Green Beans	Veggie Mince Keema, Broccoli, Steamed Rice	Vegetable and Mixed Bean Wrap Chips, Peas Baked Beans
Street Food	Piri Piri Chicken Wrap	Chicken Burrito	Folded Tikka Naan	Chicken & Stuffing Bap	Chicken Gyros
Takeaway Tubs	Penne Arrabiata or Tomato & Chorizo	Penne Arrabiata or Tomato & Mascarpone	Penne Arrabiata or Chicken & Tomato	Penne Arrabiata or Mac & Cheese	Penne Arrabiata or Roasted Vegetable
Hot Deli Panini	Cheese & Onion	Cheese & Ham	Roasted Vegetable	Tuna Melt	Pizza Fill
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	Apple Flapjack	Lemon Drizzle Cake	Vanilla Sponge	Ginger Shortbread



Meal Deal

Main Meal with vegetables and dessert



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

