

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 GAMMON BAP & ROASTED POTATOES	CHICKEN TIKKA CURRY SERVED WITH PILAU RICE	BATTERED FISH, TARTAR SAUCE & MUSHY PEAS
PLANT BASED / VEGETARIAN	QUORN DAHL WITH SALSA & SOUR CREAM	VEGETABLE BOLOGNESE WITH GARDEN SALAD AND GARLIC SLICE	BROCOLLI PASTA BAKE	POTATO & CHICKPEA CURRY	FALAFEL SHARMA FLATBREAD WITH SPICY WEDGES
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	ROASTED HAM & CHEESE	SPICY CHICKEN MACARONI
GRAB BAGS	HASH BROWS	CHICKEN NUGGETS	MOZZARELLA STICKS	JERKED POTATOES	CHIPS
PIZZA SLICE	PEPPERONI	MARGHERITA	BBQ CHICKEN	MARGHERITA	MEAT FEAST
JACKETS	TRY OUR DELICIOUS FILLINGS FOR 40P EACH				
DESSERTS	CHOOSE FROM A SELECTION OF OUR HOMEMADE CAKES & CHILLED DESSERT POTS				

Meal Deal

Main Meal
With Vegetables
And Dessert



+



+



£2.47

All Our Cakes, Breads and Desserts Are Freshly Made On The Same Day

Lunch week 2

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	BEEF MEATBALLS IN TOMATO SAUCE & PENNE PASTA	CHICKEN AND ROASTED VEGETABLE ENCHILADAS WITH TOMATO SALAD	MINCED BEEF PUFF PASTRY PIE WITH ROASTED PARSNIPS	LASAGNE WITH GARLIC BAGUETTE SLICE & LEAF SALAD	BREADED FISH, TARTAR SAUCE & MUSHY PEAS
PLANT BASED / VEGETARIAN	RED LENTIL DHAL WITH NAAN BREAD & ONION SALAD	THREE CHILLI BEAN WRAP, TORTILLA CHIPS & SLASA	VEGETABLE QUESADILLAS, NAKED SLAW & CHILLI SAUCE	QUORN KATSU CURRY, HERBED RICE & POPPADOMS	LOADED QUORN DOGS WITH SWEETCORN RELISH
STREET FOOD	SPICY BEEF BURRITOS WITH GARLIC & LEMON MAYO	LOADED NACHOS WITH SOUR CREAM & SALSA	SOUTHERN FRIED CHICKEN WRAP & CORN COBS	CAJUN CHICKEN KHOBEZ WITH ONIONS & PEPPERS	CHICKEN BURGER WITH CRUNCHY SLAW & CHILLI MAYO
PASTA POTS	MAC 'N' CHEESE	TOMATO & BASIL FUSILI	HAM & CHEDDAR PENNE	PENNE ARIBBIATTA	CHICKEN & BACON PASTA
GRAB BAGS	CHICKEN NUGGETS	SALT & PEPPER WEDGES	DIRTY FRIES	PERI PERI POTATOES	CHIPS
PIZZA SLICE	BBQ CHICKEN	PEPPERONI	THREE CHEESE PIZZA	SPICY SAUSAGE	MARGHERITA
JACKETS	TRY OUR DELICIOUS FLLINGS FOR 40P EACH				
DESSERTS	CHOOSE FROM A SELECTION OF OUR HOMEMADE CAKES & CHILLED DESSERT POTS				
TRAY BAKES	DAILY HOMEMADE TRAY BAKES & CAKES AVAILABLE				

Meal Deal

Main Meal
With Vegetables
And Dessert



£2.47

INCLUDES MAIN MEAL AND
DESSERT AND DRINKY DRINK
ON TUESDAY ONLY

Lunch week 3

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	BEEF AND MUSHROOM PUFF PASTRY PIE WITH ROASTED PARSNIPS	SAUSAGE & MASH, BROCCOLI SERVED WITH ONION GRAVY	CHICKEN TIKKA GARLIC RICE & POPPADOMS	CHILLI CON CARNE WITH RICE, SALSA & SOUR CREAM	BATTERED FISH, BAKED BEANS & TARTAR SAUCE
PLANT BASED / VEGETARIAN	FALAFAL BURGERS WITH RELISH & TOMATO SALAD	QUORN CHILLI BURRITO WITH SALSA	ROASTED VEGETABLE LASAGNE WITH GARLIC SLICE	VEGETABLE STIR FRIED SOY NOODLES	BUTTERNUT SQUASH CURRY WITH NAAN BREAD & ONIONS SALAD
STREET FOOD	LOADED CHEESEBURGER WITH BACON BITS	SPECIAL SINGAPORE FRIED CHOW MEIN	PHILLY STYLE CHEESE DOG	PULLED PORK NACHOS, SOUR CREAM & SALSA	FISH FINGER BAP, ICEBERG LETTUCE & TARTAR SAUCE
PASTA POTS	TOMATO & BASIL PENNE	HAM & CHEESE FUSILI	CHICKEN & PASTA BAKE	MAC 'N' CHEESE	PENNE ARRIBBIATA
GRAB BAGS	CHICKEN NUGGETS	SALT & PEPPER WEDGES	DIRTY FRIES	CAJUN SPICED POTATOES	CHIPS
PIZZA SLICE JACKETS	AMERICAN HOT	MARGHERITA	SPICY SAUSAGE	BBQ CHICKEN	CHILLI BEEF
DESSERTS	TRY OUR DELICIOUS FLLINGS FOR 40P EACH				
TRAY BAKES	CHOOSE FROM A SELECTION OF OUR HOMEMADE CAKES & CHILLED DESSERT POTS				
	DAILY HOMEMADE TRAY BAKES & CAKES AVAILABLE				

Meal Deal

Main Meal
With Vegetables
And Dessert



+



+



£2.47

PLUS THE MAIN MEAL AND DESSERTS ARE PRICED AS SEEN ON THE BOARD LIST

Breakfast

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PORRIDGE	PORRIDGE	PORRIDGE	PORRIDGE	PORRIDGE	PORRIDGE
	WHY NOT TRY OUR EXTRA TOPPING AT PER ITEM				
DAILY POTS	FRESH FRUIT YOGHURT	FRESH FRUIT YOGHURT	FRESH FRUIT YOGHURT	FRESH FRUIT YOGHURT	FRESH FRUIT YOGHURT
PLANT BASED	BANANA PANCAKES	SMOKY BBQ BEANS ON TOAST	WHOLE WEAT BERRY MUFFIN	POTATO & VEG HASH	SWEET POTATO & BERRY FLATBREAD SERVED WITH MAPLE SYRUP
TAKEAWAY TUBS	BEANS, HASH BROWN, SAUSAGE OR VEGGIE SAUSAGE	SCRAMBLED EGG, BEANS, CHEESY TOPPING	HASH BROWN, TOMATO, BACON OR CHEESE	CHEESY OMELETTE AND BEANS	SAUTE POTATOES, BEANS, BACON OR CHEESE
	ADD A SLICE OF TOAST FOR WITH CHEESE OR JAM				
HOT WRAPS & ROLLS FROM	HASH BROWN, SAUSAGE OR VEGGIE SAUSAGE	BACON & CHEESE TURNOVER	HASH BROWN, BACON & CHEESE WRAP	TOMATO & CHEESE TURNOVER	SAUSAGE, BEANS & CHEESE WRAP

Simple Breakfast Bap
Bacon, Sausage or Egg
Only

Croissants & Pastries
From



Smoothie of the day
Only



Fresh fruit
Only

Cheese on Toast
a slice

Free Hydration Station

Break

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE BAKERY FROM	SAUSAGE ROLL	GARLIC DOUGH BALLS	CHICKEN NUGGETS	SAUSAGE ROLL	GARLIC DOUGH BALLS
PLANT BASED FROM	HASH BROWNS	SALT & PEPPER WEDGES	HASH BROWNS	PAPRIKA WEDGES	HASH BROWNS
HOT BREADS & SLICES FROM	FRENCH BREAD PIZZA	PIZZA BAGEL	FRENCH BREAD PIZZA	PIZZA BAGEL	FRENCH BREAD PIZZA
	ASSORTED TOASTIES	SAUSAGE BAP	CHEESE & BEAN WRAP	BACON BAP	BREAKFAST WRAP
THE CAKE SHOP FROM	ASSORTED CAKES & COOKIES				
ON THE SIDE FROM	CHILLI NACHOS	NACHOS	PIRI-PIRI NACHOS	NACHOS	PAPRIKA NACHOS
	FRESH FRUIT				
SALADS FROM					

**Hot Dogs,
Burgers &
Sausage Rolls**

Baguettes

From **£0.95**
Different Breads with Different Spreads From

Paninis
From **£1.50**



**Fresh
fruit**
Only **50P**



**Smoothie
of the day**
Only