

# 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> £2.50	BEEF MEATBALLS WITH PENNE PASTA & GARLIC BREAD SLICE	CHICKEN ENCHILADAS TOPPED WITH CHEESE AND SERVED WITH SOUR CREAM	LEMON & HERB ROASTED CHICKEN WITH ROAST POTATOES	CHICKEN CURRY SERVED WITH PILAU RICE	BATTERED FISH, CHIPS WITH PEAS & TARTAR SAUCE
	ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY				
<b>PLANT BASED / VEGETARIAN</b> £2.50	BROCCOLI & COURGETTE FRITATA	QUORN CHILLI BURRITO WITH SALSA & SOUR CREAM	POTATO & CHICKPEA CURRY SERVED WITH PILAU RICE	BROCCOLI PASTA BAKE	CHEESE & TOMATO QUICHE
	ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY				
<b>STREET FOOD</b> FROM £2.50	SWEET CHILLI CHICKEN WITH NOODLES	MARGARITA & PEPPERONI PIZZA	CAJUN CHICKEN GOJONS WITH POTATO WEDGES	MARGARITA & PEPPERONI PIZZA	LOADED BEEFBURGER WITH CHOICE OF CHILLI, MUSTARD & ONIONS
	BEEF CHILLI & RICE	MAC'N'CHEESE	CHICKEN ALFREDO	SPAGHETTI BOLOGNAISE	VEGETABLE CHILLI NOODLES
	PENNE ARRABIATA	POTATO BRAVAS	SPAGHETTI POMODORO	CHILLI CON CARNE & RICE	MAC'N'CHEESE
	SELECTION OF SANDWICHES, BAGUETTES & SALAD OPTIONS ARE ALSO AVAILABLE FROM OUR GRAB & GO CHILLERS				
<b>JACKETS</b> £2.00	TRY OUR DELICIOUS FILLINGS FOR 30p EACH				
<b>DESSERTS</b>	HOT BANANA CAKE WITH CHOCOLATE SAUCE	KEY LIME PIE	PEACH & APPLE CRUMBLE	CARROT CAKE	SELECTION OF TRAYBAKES

**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 2

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b> £2.50	SPAHETTI BOLOGNAISE SERVED WITH GARLIC BREAD	COTTAGE PIE SERVED WITH VEGETABLES	CHINESE STIR FRY STATION	CHICKEN KORMA SERVED WITH RICE & NAAN	FISH AND CHIPS WITH BEANS OR PEAS
<b>PLANT BASED / VEGETARIAN</b> £2.50	VEGETARIAN SAUSAGE CASSOULET SERVED WITH VEGETABLES	ROASTED VEGETABLE PASTA BAKE SERVED WITH MIXED SALAD	MUSHROOM GALTTE SERVED WITH VEGETABLES	VEGETABLE MASALA CURRY WITH RICE & NAAN	VEGETABLE & BEAN PIE SERVED WITH VEGETABLES & POTATOES
<b>STREET FOOD FROM £2.50</b>	ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY				
	MARGARITTA PIZZA BBQ CHICKEN PIZZA	CAJUN CHICKEN BURGER WITH ASIAN SLAW	MARGARITA PIZZA HAWAIIAN PIZZA	VIETNAMESE CHICKEN BAHN MI	PEPPER & TOMATO TORTILLA SERVED WITH MIXED SALAD
	MAC & CHEESE	THAI STYLE VEGETABLE NOODLES	CHICKEN PASTA	CHICKEN BURRITO & WEDGES	JERK CHICKEN WITH RICE & PEAS
	CHINESE CHICKEN & RICE	PIRI PIRI CHICKEN & WEDGES	POTATO & LENTIL CURRY & RICE	BROCCOLI MAC & CHEESE	MEATBALLS & PASTA IN TOMATO SAUCE
	SELECTION OF SANDWICHES, BAGUETTES & SALAD OPTIONS ARE AVAILABLE FROM OUR GRAB & GO CHILLERS				
<b>JACKETS</b> £2.00	TRY OUR DELICIOUS FILLINGS FOR 30p EACH				
<b>DESSERTS</b>	APPLE CRUMBLE WITH CUSTARD	JAM & COCONUT SPONGE WITH CUSTARD	BAKEWELL TART WITH CUSTARD	TOFFEE APPLE CAKE WITH CUSTARD	EVES PUDDING WITH CUSTARD

• INSPIRED FOOD •  
*mint*  
• FOR EDUCATION •

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With Vegetables  
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# Lunch week 3

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b> £2.50	CARIBBEAN CHICKEN THIGH BURGER SERVED WITH CARIBBEAN SLAW	CHILLI CON CARNI SERVED WITH BOILED RICE	ROAST TURKEY SERVED WITH POTATOES	RED THAI CHICKEN CURRY SERVED WITH PLAIN RICE	FISH & CHIPS SERVED WITH PEAS OR GARDEN PEAS
	ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY				
<b>PLANT BASED / VEGETARIAN</b> £2.50	VEGETABLE LASAGNE WITH GARLIC BREAD & SALAD	BROCCOLI QUICHE SERVED WITH POTATOES & SALAD	VEGETABLE WELLINGTON WITH POTATOES	SWEET POTATO KATSU CURRY WITH RICE	<u>CHICK PEA</u> & VEGETABLE BIRYANI
	ALL SERVED WITH SEASONAL VEGETABLES & POTATO OR RICE DISH OF THE DAY				
<b>STREET FOOD FROM £2.50</b>	PIRI PIRI CHICKEN WITH WEDGES	SHANGHAI CHICKEN STIR FRY WITH EGG FRIED RICE	CHICKEN ENCHILADA SERVED WITH CAJUN WEDGES	BEEF BURGER WITH OR WITHOUT CHEESE WITH POTATOES & SALAD	FISH FINGER BUTTY WITH POTATOES
	THAI GREEN CHICKEN CURRY & RICE	CHICKEN MEATBALLS & PASTA IN TOMATO SAUCE	STIR FRIED VEGETABLE NOODLES	BROCCOLI MAC & CHEESE	KATHI ROLL
	MARGHARITA PIZZA SPICY CHICKEN PIZZA	ROASTED VEGETABLE PASTA BAKE	MARGHARITA PIZZA SPICY CHICKEN PIZZA	CHURRASCO CHICKEN WITH RICE & PEAS	SWEET & SOUR CHICKEN & RICE
	SELECTION OF SANDWICHES, BAGUETTES AND SALAD OPTIONS ARE AVAILABLE FROM OUR GRAB AND GO CHILLERS				
<b>JACKETS £2.00</b>	TRY OUR DELICIOUS FILLINGS FOR 30p EACH				
<b>DESSERTS</b>	FRUIT PIE WITH CUSTARD	SYRUP SPONGE WITH CUSTARD	CHOCOLATE SPONGE WITH CUSTARD	BANOFFEE PIE	PINEAPPLE UPSIDE DOWN CAKE WITH CUSTARD

• INSPIRED FOOD •  
*mint*  
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# Break

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THE BAKERY	A SELECTION OF HOMEMADE CAKES	A SELECTION OF HOMEMADE CAKES	A SELECTION OF HOMEMADE CAKES	A SELECTION OF HOMEMADE CAKES	A SELECTION OF HOMEMADE CAKES
VEGETARIAN	VEGETABLE MELT	VEGETARIAN SAUSAGE ROLL	VEGETABLE PASTRY BAKE	CHEESE & BEAN PUFF	VEGETABLE BURRITO
HOT BREADS & SLICES	CHEESE & TOMATO FRENCH BREAD	JUMBO SAUSAGE BAGUETTE	SAUSAGE ROLL	PULLED CHICKEN BAKE	HAM & CHEESE TOASTIE
	PAIN AU CHOCOLATE	CHICKEN WRAP	HAM & CHEESE FLATBREAD	CROISSANTS	ROASTED VEGETABLE WRAP
OFF THE STREET	CAJUN CHICKEN GOUJONS	BEEF BURGER & ONIONS	TOMATO PASTA POT	ZINGER BURGER	CORNISH PASTY
	BACON BAP	PEPERONI PANINI	FISH FINGER WRAP	BACON BAP	CHEESE & TOMATO PANINI
ON THE SIDE	NACHOS & SALSA	BEAN & HASH BROWN POTS	SPICY WEDGES	VEGETABLE SAMOSA	POTATO WAFFLES
GRAB & GO	SELECTION OF FRUIT & DESSERT POTS	SELECTION OF FRUIT & DESSERT POTS	SELECTION OF FRUIT & DESSERT POTS	SELECTION OF FRUIT & DESSERT POTS	SELECTION OF FRUIT & DESSERT POTS



**Fresh  
Fruit**



**Fresh  
Smoothie**