Spring Menu – Week 1

All Main meals served with Seasonal Vegetables & potato or Rice of the day. 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 COURSE	3 7 15 15 15 15 15 15 15 15 15 15 15 15 15	
Beef Burger with a choice of toppings (Gherkins, Onions, Mustard, Ketchup) Served with Potato Wedges	Chicken Fajitas with a Mexican bean rice served with Salsa & Sour Cream	Spaghetti Bolognese Served with Garlic Bread	Creamy Chicken Curry Served with Pilau Rice & Naan Bread	Breaded Fish Fingers 'N' Chips Served with Peas & Tartare Sauce
	M	IAIN COURSE (MEAT FRE	E)	2 1 1 1 1 1 1 1 2 2 2 2 2 2 2 2 2 2 2 2
Vegetable Burger with a choice of toppings (Gherkins, Onions, Mustard, Ketchup) Served with Potato Wedges	Vegetable Fajitas with a Mexican Bean Rice with Salsa & Sour Cream	Macaroni Cheese & Jalapenos Served with Garlic Bread	Sweet Potato Curry served with Pilau Rice & Naan Bread	Cheese & Onion Slice Served with Chips & Peas
		STREET FOOD		
Tandoori Chicken in a Folded Naan Bread	Cajun Chips/Sweet Potato Fries topped with Cheese	Spiced Breaded Chicken & Lettuce in a Tortilla Wrap	BBQ Chicken Pizza with a BBQ base	Fish Finger Baguette
		TAKEAWAY TUBS		
Mac 'N' Cheese	Chilli Beef con carne served with Rice	Penne Arrabiata	Meatballs Italiano	Vegetable Noodles
		· INSPIRED FOOD .	Jackets £1.50	

Mint.

Jackets £1.50
TRY OUR DELICIOUS FILLINGS FOR 50P EACH

HOT SNACKS AVAILABLE