

#### **LUNCH - WEEK 1**

#### **MONDAY**

Toad in the Hole with Creamy Mash, Fresh Vegetables & Onion Gravy, featuring our awarding winning pork sausages £1.90

(v) Quorn Fillet topped with Pizza Sauce and Melted Cheese with Fresh Salad £1.75
 (v) Homemade Mac 'n' Cheese with a Crispy Top and Fresh Vegetables £1.75
 Quarter Pounder Beef Burger, Fresh Salad and Ketchup in a Soft Bap £1.95

#### **TUESDAY**

Organic Beef Spaghetti Bolognaise with Fresh Salad £1.90
Fish Finger Wrap with Lemon Mayonnaise and Salad £1.60
Meatball Melt Baguette or (vg) Plant Power Vegan Balls Melt Baguette £1.90
(vg) Potato Topper - Cajun Spiced or Italian £1.25

#### **WEDNESDAY ROAST**

Roast Joint of the Day with Crispy Roast Potatoes and Fresh Vegetables £2.05 add a Yorkie Pud for 30p

Marinated Chicken Kebab in a Warm Pitta with Salad and Choice of Sauces £1.95 (vg) Veggie Sausages in Spicy Tomato Sauce with Mash and Fresh Vegetables £1.90 BLT Wrap – Crispy Back Bacon with Lettuce, Tomato and Mayonnaise £1.95

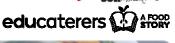
#### THURSDAY CURRY CLUB

Choice of two curries every Thursday, one Meat £2.00 and one (vg) Veggie £1.90 served with Basmati Rice
ADD EXTRAS Fresh Salad 40p/Naan Bread 35p/Minted Yoghurt - Free
Barbeque Marinated Chicken Flatbread with BBQ Sauce and Fresh Salad £2.00
Cheese and Ham Pizza Panini £1.95

#### FRIDAY FISH & CHIPS

Breaded or Battered Fish Fillet with Chips and Peas £1.90
Southern Fried Chicken Strips with Chips and Peas £2.20
(v) Cheesy Wedges and Beans £1.50
(v) Haloumi Burger with Onion Chutney £2.00

#### THE MAIN MEAL OF THE DAY INCLUDES VEGETABLES OR FRESH SALAD







### LUNCH - WEEK 2 MONDAY

Organic Pork Meatballs, Rich Tomato Sauce & Pasta £1.90

(v) Vegetable Quesadilla £1.50
A slice of tortilla filled with Roasted Vegetables and Melted Cheese

Cheesy Tomato Risotto £1.75
Chicken and Bacon Soft Bap £1.95

#### **TUESDAY**

Homemade Organic Beef Lasagne with Fresh Salad £2.20

Fish Fillet Fingers with Potato Wedges £1.75

(v) Pepper stuffed with Quorn Keema and served with Mint Raita £1.50 (vg) Sticky Barbeque Veggie Sausage Baguette £1.75

#### **WEDNESDAY ROAST**

Roast Joint of the Day with Crispy Roast Potatoes and Fresh Vegetables £2.05 add a Yorkie Pud for 30p (vg) Vegetarian Chilli served with Rice or Nacho's £1.90

(v) Roasted Quorn Fillet with Crispy Roast Potatoes and Fresh Vegetables £1.90 Quarter Pounder Cheese Burger, Fresh Salad and Ketchup in a Soft Bap £1.95

#### THURSDAY CURRY CLUB

Choice of two curries every Thursday, one Meat £2.00 and one (vg) Veggie £1.90 served with Basmati Rice

ADD EXTRAS Fresh Salad 40p/Naan Bread 35p/Minted Yoghurt - Free

(vg) Vegetable Chow Mein £ 1.90

Tuna and Cheese Melt Panini £1.95

#### FRIDAY FISH & CHIPS

Breaded or Battered Fish Fillet with Chips and Peas £1.90 Southern Fried Chicken Strips with Chips and Peas £2.20 (vg) Veggie Fingers and Chips/Wedges £1.75

(vg) Vegan 100% Plant Power Burger with Salad in a Soft Bap £1.55

#### THE MAIN MEAL OF THE DAY INCLUDES VEGETABLES OR FRESH SALAD







#### **LUNCH - WEEK 3**

#### **MONDAY**

Homemade Chicken Pie, Potatoes & Fresh Veggies £1.90

(v) Sweet Chilli Quorn with Noodles £1.90

Salmon Fillet Fish Fingers with Wedges and Dips £1.75

Quarter Pounder Beef Burger, Fresh Salad and Ketchup in a Soft Bap £1.95

#### **TUESDAY**

Jerk Chicken, Rice and Peas with Fresh Salad £2.00
Sticky BBQ Sausage with Potato Wedges £1.75
(vg) Stuffed Crust Sticky Barbeque Jack Fruit Pizza £1.00
Chicken and Bacon Baguette £1.95

#### **WEDNESDAY ROAST**

Roast Joint of the Day with Crispy Roast Potatoes and Fresh Vegetables £2.05 add a Yorkie Pud for 30p

(v) Tomato Pasta Bake £1.75

(v) Pizza Flatbread £2.00

Chicken Poppers Hot Sub Sandwich, Sauce and Salad £1.95

#### THURSDAY CURRY CLUB

Choice of two curries every Thursday, one Meat £2.00 and one (vg) Veggie £1.90 served with Basmati Rice
ADD EXTRAS Fresh Salad 40p/Naan Bread 35p/Minted Yoghurt - Free

(v) Veggie Burrito Bake with Vegetables or Salad £1.90 Bacon, Cheese and Tomato Panini £1.95

#### FRIDAY FISH & CHIPS

Breaded or Battered Fish Fillet with Chips and Peas £1.90 Southern Fried Chicken Strips with Chips and Peas £2.20

(v) Vegetable Lasagne, Fresh Salad £ 1.90

(vg) 100% Plant Power Vegan Balls Hot Sub Sandwich, Sauce and Salad £1.90

#### THE MAIN MEAL OF THE DAY INCLUDES VEGETABLES OR FRESH SALAD







## **EVERYDAY**

## Various Hot Filled Breads and Baps from £1.55

(v) Pizza of the Day from £1.00

Filled Jacket Potatoes from £1.55

- (v) Hot Pasta Pots from £1.55
  - (v) Fresh Bread from 35p
- (v) Cheese portions from 50p
  - (v) Crackers 35p

# FRESH SALAD BAR SELECTION HELP YOURSELF 500ml box £1.95

A selection of (v) Sweet Baked Goods, Homemade Cake or Biscuits from 45p

(v) Fresh Fruit Pots, Yoghurts, Whips and Jellies from 55p

