LUNCH MENU WEEK ONE

MEAL DEALS

£2.70 MEAL DEAL

*Choose **one** of the below*

Hot Main Course

Hot Pasta Pot

Simple Sandwich or baguette

Panini of the day

Add a traybake or plain water!

FOOD ALLERGIES & INTOLERANCES
If you require information on allergens or suffer from a food intolerance, please speak to a team member before you order food or drinks

	MEAT MAIN	VEGGIE MAIN	VEGETABLES & STARCH	THE CLUCK SHOP	DELI BAR
MONDAY	**Chicken Tikka Masala** Traditional ***Indian Curry***	**West Indian Spiced Aubergine curry** Low fat and packed with flavour	Bombay Potatoes or Steamed Rice, Poppadom and Minted Yoghurt	**Korean BBQ Crispy Chicken Wrap** **Breaded Fish Burger** With Crispy Lettuce & Tartare Sauce	**Selection of baguettes, wraps, salads and sandwiches**
TUESDAY	**Chilli Beef** Mildly spiced, ***Traditional Mexican Dish***	**Vegetable & Mixed Bean Lasagna** Mixed beans with vegetables served in rich tomato sauce	Homemade Cajun Wedges and Sweetcorn	**Chicken Nuggets** Served with skin on wedges and sauce **Loaded Nachos** With Salsa, Cheese & Jalapenos	**Selection of baguettes, wraps, salads and sandwiches**
WEDNESDAY	**Bangers and Mash** Served with ***rich gravy*** and Yorkshire pudding	**Vegetable Bangers & Mash** Chunky roast vegetables & gravy	Roast potatoes, seasonal steamed vegetables	**Southern Fried Burger** Served with Asian Slaw **Sweet & Sour Crispy Chicken** Fried Rice	**Selection of baguettes, wraps, salads and sandwiches**
THURSDAY	**Teriyaki Chicken** Juicy, spicy, ***sticky*** chicken thigh	**Homemade Spring Rolls** A freshly made ***Chinese*** Style Roll	Stir Fried Vegetables, soft egg noodles and prawn crackers	**Southern Fried Chicken Wrap** served with house salad and sauce **Chefs Choice**	**Selection of baguettes, wraps, salads and sandwiches**
FRIDAY	**Chip Shop Friday** Traditional ***chip shop*** offer	**Chef's Choice**	Chips, baked beans, chip shop sides	**Chicken Bites** Served with chips and beans **Chinese Style Chip Shop Curry**	**Selection of baguettes, wraps, salads and sandwiches**

LUNCH MENU WEEK TWO

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	MEAT MAIN	VEGGIE MAIN	VEGETABLES & STARCH	CLUCK SHOP	DELI BAR
MONDAY	**Blackened Cajun Chicken Thigh** Served with Savory Rice and Slaw	**Butternut Squash** and Sweet Potato Curry ***Indian* curry** sauce	Steamed Rice, poppadom with Chutney's	**Beef Burger** Served with Fried Onions & sauces **Piri Piri Chicken** Chopped Salad Flatbread	**Selection of baguettes, wraps, salads and sandwiches**
TUESDAY	**Homemade Lasagna** A traditional ***Italian*** ragu sauce layered with pasta	**Roasted Vegetable Pasta Bake** with ***seasonal*** vegetables	Garlic Bread House Salad Green Beans	**Popcorn Chicken** Served with Salt & Chilli Potatoes **Chicken Mayo Sandwich** with Crispy iceberg lettuce	**Selection of baguettes, wraps, salads and sandwiches**
WEDNESDAY	**Traditional Roast Chicken** Served with ***rich gravy*** and Yorkshire pudding	**Cauliflower Cheese Bake** Tangy Mature Chaddar Sauce	Roast potatoes, seasonal steamed vegetables	**Southern Fried chicken** with skin on wedges and slaw **Mexican Beef Nachos** Served with Pica de Gallo	**Selection of baguettes, wraps, salads and sandwiches**
THURSDAY	**Pulled Pork** On top of a tangy macaroni cheese bake	**Mac 'N' Cheese** Classic ***American*** Favourite topped ***with salsa***	Crushed Nachos and Jalapeños	**Fish Finger Wrap** served with Salad and a choice of sauces **Jumbo Hot Dog** Served with Crispy Onions & Sauces	**Selection of baguettes, wraps, salads and sandwiches**
FRIDAY	**Chip Shop Friday** Traditional ***chip shop*** offer	**Chef's Choice**	Chips, baked beans, chip shop sides	**Chicken Bites** Served with chips and beans **Chinese Style Chip Shop Curry**	**Selection of baguettes, wraps, salads and sandwiches**

LUNCH MENU WEEK THREE

MEAL DEALS

£2.70 MEAL DEAL

*Choose **one** of the below*

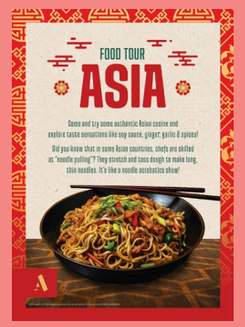
Hot Main Course

Hot Pasta Pot

Simple Sandwich or baguette

Panini of the day

Add a traybake or plain water!



FOOD ALLERGIES & INTOLERANCES
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	MEAT MAIN	VEGGIE MAIN	VEGETABLES & STARCH	CLUCK SHOP	DELI BAR
MONDAY	**Buttermilk Chicken Fillet** Served with a Katsu Curry Sauce	**Pesto, Spinach & Pea Pasta Bake**	Egg Fried Rice Green Beans Garlic Bread	**Battered Chicken Burger** Served with sweet chilli and wedges **Chicken Meatball Marinara** Served on a crusty baguette	**Selection of baguettes, wraps, salads and sandwiches**
TUESDAY	**Mac 'N' Cheese** Classic ***American*** Favourite Topped **shredded Salt & Chilli Chicken**	**Mac 'N' Cheese** Classic ***American*** Favourite Topped **with Cauliflower Bites**	creamed corn and Jalapenos	**Sweet Chilli Chicken** Rice Pot **Lemon & Herb Chicken Gyros**	**Selection of baguettes, wraps, salads and sandwiches**
WEDNESDAY	**Traditional Beef Bolognaise** In a rich tomato sauce	**Chef's Veggie Quiche** with Homemade Slaw	Penne Pasta seasonal steamed vegetables	**Piri Piri Chicken** served with Patatas Bravas and Spicy Corn **Southern Fried Chicken Burger** with salad and slaw	**Selection of baguettes, wraps, salads and sandwiches**
THURSDAY	**Sticky Chinese Chicken Noodles With Prawn Crackers**	**Homemade Cheese & Onion Pasty**	Homemade Wedges Steamed Vegetables Baked Beans	**Spicy Beef Burrito** **Chef's Choice**	**Selection of baguettes, wraps, salads and sandwiches**
FRIDAY	**Chip Shop Friday** Traditional ***chip shop*** offer	**Chef's Choice**	Chips, baked beans, chip shop sides	**Chicken Nuggets** Served with chips and beans **Chinese Style Chip Shop Curry**	**Selection of baguettes, wraps, salads and sandwiches**