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| **Lunchtime Menu** | | | | |
| Roast of the day  Served with seasonal vegetables, Yorkshire pudding and stuffing  Beef 2,034kJ, 486kcal  Turkey 2,068kJ, 493kcal  Pork 2,162kJ, 517kcal  Vegetable Sausage 2,358kJ, 562kcal | | £3.90 | Curry Sauce  1,526kJ, 362kcal | £0.50 |
| Gravy  2,202kJ 527kcal | £0.50 |
| Baked beans  248.8kJ, 59.2kcal | £0.45 |
| Broccoli & Cheese pasta bake  Choice of 1 included, Garlic Bread,  Fries or Side Salad  2,211kJ, 525kcal | | £3.90 |  |  |
| Garlic bread (x2)  1965kJ, 466kcal | |  |  |  |
| Fries  1,711kJ, 408kcal | |  |  |  |
| Side Salad  134kJ, 37kcal | |  |  |  |
|  | | | **Filled jackets choice of fillings** | |
| **Sides** | |  | Beans  989.2kj, 234.4kcal | £1.80 |
| Fries  1,711kJ, 408kcal | | £1.40 | Cheese  1822kJ, 437kcal | £2.00 |
| Jacket Potato  616kJ, 146kcal | | £1.30 | Coleslaw  2210.8kJ, 533.2kcal | £2.00 |
| Side Salad  134kJ, 37kcal | Small  Medium  Large | £0.90  £1.90  £2.50 | Tuna in a light mayonnaise  1337.5kJ, 317.5kcal | £2.10 |
|  | |  | Chicken Tikka  1954kJ, 468.4kcal | £2.60 |
|  | |  | Chicken in light mayonnaise  1321.39kJ, 314.26kcal | £2.60 |
| Each item calculated per portion, recommended daily intake 2000 female, 2500 male | | | | |