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| **Lunchtime Menu** |
| Roast of the dayServed with seasonal vegetables, Yorkshire pudding and stuffingBeef 2,034kJ, 486kcalTurkey 2,068kJ, 493kcalPork 2,162kJ, 517kcalVegetable 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 bakeChoice 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 | SmallMediumLarge | £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 |