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| **Lunchtime Menu** | | | | | |
| Chicken Tikka Masala  936kJ, 225kcal | | |  | Curry Sauce  1,526kJ, 362kcal | £0.50 |
| Thai Red Chicken Curry  843kJ, 200kcal | | |  | Gravy  2,202kJ 527kcal | £0.50 |
| Chinese Chicken Curry  865kJ, 207kcal | | |  | Baked beans  248.8kJ, 59.2kcal | £0.45 |
| Sweet Potato & Chickpea Curry  876kJ, 208kcal | | |  |  |  |
| Thai Green Mushroom Curry  459kJ, 110kcal | | |  |  |  |
| Chinese Mushroom Curry  679kJ, 164kcal | | |  |  |  |
| All served with the following | | | £3.90 |  |  |
| Rice  3,046kJ, 718kcal | | Chips  1,711kJ, 408kcal | | **Filled jackets choice of fillings** | |
| ½ and ½  1,987kJ, 469kcal | | | £0.50 | Beans  989.2kj, 234.4kcal | £1.80 |
| Naan Bread  599kJ, 142kcal | | | £0.50 | Cheese  1822kJ, 437kcal | £2.00 |
| Onion Bhajis  270kJ, 64kcal | | | £0.25 | Coleslaw  2210.8kJ, 533.2kcal | £2.00 |
| Spring Roll  981kJ, 234kcal | | | £1.30 | Tuna in a light mayonnaise  1337.5kJ, 317.5kcal | £2.10 |
| Fries  1,711kJ, 408kcal | | | £1.40 | Chicken Tikka  1954kJ, 468.4kcal | £2.60 |
| Jacket Potato  616kJ, 146kcal | | | £1.30 | Chicken in light mayonnaise  1321.39kJ, 314.26kcal | £2.60 |
| Side Salad  134kJ, 37kcal | Small  Medium  Large | | £0.90  £1.90  £2.50 |  |  |
| Each item calculated per portion, recommended daily intake 2000 female, 2500 male | | | | | |