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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 | SmallMediumLarge | £0.90£1.90£2.50 |  |  |
| Each item calculated per portion, recommended daily intake 2000 female, 2500 male |