|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Lunchtime Menu** | | | | |
| Pasta Bolognaise  3,413kJ, 806kcal | | £2.20 | Curry Sauce  1,526kJ, 362kcal | £0.50 |
| Breaded Mushrooms & Dips 787kJ, 186kcal | | £2.20 | Gravy  2,202kJ 527kcal | £0.50 |
| 1/4 Beef Burger  1,141kJ, 275kcal | | £2.20 | Baked beans  248.8kJ, 59.2kcal | £0.50 |
| Spicy Bean Burger  729kJ, 174kcal | | £2.20 |  |  |
| Cheese & Mushroom Sub 788kJ, 190kcal | | £2.20 |  |  |
| Baked Quorn Dippers 800kJ, 192kcal | | £1.20 |  |  |
|  | |  |  |  |
| **Sides** | | | **Filled jackets choice of fillings** | |
| Fries  1,711kJ, 408kcal | | £1.40 | Beans  989.2kj, 234.4kcal | £1.80 |
| Jacket potato  616kJ, 146kcal | | £1.30 | Cheese  1822kJ, 437kcal | £2.00 |
| Side Salad  134kJ, 37kcal | Small  Medium  Large | £0.90  £1.90  £2.50 | Coleslaw  2210.8kJ, 533.2kcal | £2.00 |
|  | |  | 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 | | | | |