

u3a Lunch Bunch  
Friday 28<sup>th</sup> August 2026 @ 12.15pm  
**The Spanish Lady Pub**  
4 Longridge Ave., Saltdean BN2 8LH  
2 Courses and tip £20: CASH



Places available: 30. Please order and pay for your drinks at the Bar

MAIN COURSE:

- Homemade Cottage Pie with vegetables
- Fish Pie with vegetables
- Scampi, chips and salad
- Vegetarian Quiche with new potatoes and salad (V)

DESSERTS:

- Trifle
- Bread and Butter pudding with custard
- Apple pie with custard
- Saltdean Mess: Meringue nest with ice cream and Mandarin oranges

Please pre-order and pay before **Thursday 13th August**

Sharon Ahearn Tel: 01273 589953 Email: [sunview70@yahoo.com](mailto:sunview70@yahoo.com)

----- Please tear off slip below -----

**The Spanish Lad, Saltdean.                      Friday 28<sup>th</sup> August 2026 @12.15pm**

Name: .....

Main Course: .....

Dessert .....

**Price £20**

Phone no. or email: .....