

# WEEKLY MENU

## Dinner

Monday	Tuesday	Wednesday	Thursday
Pea and Mint Soup 108kcal	Curried Cauliflower Soup 111kcal	Root Vegetable Soup 196kcal	Swede and Celeriac Soup 110kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Beef Meatballs with a Roasted Tomato Sauce 297kcal	Beef Brisket 572kcal	Beef Bourguignon 767kcal	Korean Chicken (Sesame and Honey) 487kcal
Steamed Plaice with Caper Butter 361kcal		Moqueca 398kcal	Sweet Chilli Pork 537kcal
Vegan Tofu Balls with a Roasted Tomato Sauce 230kcal	Three Cheese Macaroni Topped with Golden Breadcrumbs 685kcal	Beetroot Bourguignon 182kcal	Hoisin Tofu 515kcal
Kale 49kcal	Sweet Potato Mash 249kcal	Carrot and Swede Mash 154 kcal	Egg Noodles 138kcal
Spaghetti 158kcal	Chef's Salad 140kcal	Coconut Rice 313kcal	Wilted Pak Choi 110kcal
Garlic Baguette 274kcal	Roasted Broccoli 62 kcal	Grilled Courgette 34 kcal	Soy Braised Potatoes 217kcal
Spiced Sweetcorn 92kcal		Sauté Cabbage 52kcal	Stir Fry Vegetables 304kcal
<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>
Mixed Berry Pavlova 217kcal	Lemon and Poppy seed Cake 314kcal	Tre's Leches Cake 295kcal	Rice Pudding with Brown Sugar and Mixed Fruit Jam 261kcal

Friday	Saturday	Sunday
Red Pepper, Squash and Harissa Soup 205 kcal		
Served With Freshly Baked Bread	No Service	No Service
Chicken Feijoada 686kcal		
Sweet Potato and Kidney Bean Stew 547kcal		
Roasted Mediterranean Vegetables 87kcal		
Mixed Greens 60kcal		
Brazilian Style Rice 288kcal		
<b>DESSERT OF THE DAY</b>		
Sticky Ginger and Sultana Sponge 368kcal		

Enjoy our  
freshly  
prepared  
salads  
every day!