

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Cream Of Mushroom Soup 106 kcal	Curried Kale and Chickpea Soup 119 kcal	French Onion Soup 110kcal	Tomato and Red Pepper Soup 153 kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Pork Chasseur 257kcal	Cheddar Topped Shepherd's Pie 484kcal	Roast Chicken Breast 284kcal (Halal)	Moroccan Kofte Tagine (with Lemon and Olives) 394kcal (Halal)
Smoked Haddock and Spring Onion Fishcakes 278kcal	Reggae Reggae Nachos 671kcal (Street food)	Catch Of the Day with Cream and white Wine Sauce 232kcal	Sweetcorn Fritter Bowl (Eggs and Black bean Salsa) 482kcal (Light Lunch)
Vegetable Casserole with Sage Polenta Dumplings 435kcal (Vegan)	Vegetarian Cottage Pie 449kcal (Vegetarian)	Nut roast 408kcal (Vegan)	Mixed Vegetable Tagine 230kcal (Vegan)
Fondant Potatoes 233kcal	Peas 81kcal	Roast Potatoes 391kcal	Moroccan Spiced Cous Cous 195kcal
Cauliflower 50kcal	Honey Glazed Carrots 90kcal	Carrots 82kcal	Pitta and Hummus 428kcal
Roasted Sweet Potato 142kcal	Charred Brussel Sprouts 56kcal	Green Beans 62kcal	Rice 130kcal
Broad Beans 82kcal	Herb Roasted New Potatoes 135kcal	Roast New Potatoes. 129 kcal	Cajun Corn 117kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Banana Bread With Toffee Sauce 369 kcal	Pineapple Upside-down Cake 366 kcal	Spotted Dick with Custard 557 kcal	Orange and Cardamom Cake 261kcal

Friday	Saturday	Sunday
Broccoli and Stilton Soup 171kcal		Scotch Broth 162 kcal
Served With Freshly Baked Bread	Brunch	Served With Freshly Baked Bread
Pulled Buffalo Chicken Bao bun 718kca (Halal)		Roasted Oregano Chicken Supreme 294kcal
Battered Haddock 326kcal	Selection Of Pastries, Paninis and Toasties	
Teriyaki Mushroom Bao Bun 380kcal (Vegetarian)		Wild Mushroom and Lentil Wellington 592 kcal (Vegetarian)
Mushy Peas 173kcal		Roast Potatoes 391kcal
Double Cooked Hand Cut Chips	Waffles and Chocolate Sauce	Braised Red Cabbage 107kcal
Asian Slaw 106kcal		Broccoli 62kcal
Garlic Hot Sauce 60kcal		Traditional Gravy 79kcal
DESSERT OF THE DAY	Fruit Salad	DESSERT OF THE DAY
Coconut Pannacotta with Macerated Strawberries. 406 kcal		Apple Pie With Custard 418 kcal

Enjoy our
freshly
prepared
salads
every day!