

# WEEKLY MENU

## Dinner

Monday	Tuesday	Wednesday	Thursday
Mushroom Soup 176kcal	Lentil and Roasted Vegetable Soup 189kcal	Celeriac Soup 237kcal	Orzo and Tomato Soup 349kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Peruvian Beef Stir Fry 344kcal	Pomegranate Chicken 487kcal (Halal)	Chicken Amatriciana 472kcal	Braised Pork and Parsnip Casserole 563kcal
		Fish Pie 455kcal	
Quinoa Stuffed Pepper 340kcal (Vegan)	Red Onion and Brie Tart 312kcal (Vegetarian)	Moroccan Falafel Flatbread 697kcal (Vegan)	Sweet Chilli Vegetable and Noodle Stir Fry 601kcal
Okra 66kcal	Creamy Minted Peas 134kcal	Fruity Cous Cous 189kcal	Hot and Spicy Salsa 67kcal
Rice Noodles 109kcal	Skinny Fries 337kcal	Green Salad 140kcal	Peas 81kcal
Charred Vegetables 175kcal	Almond Cous Cous 103kcal	Oven Roasted Broccoli 62kcal	Oven Roasted Wedges 191kcal
Wholegrain Mustard Mashed Potatoes 232kcal		Herb Roasted Swede 51kcal	Corn on The Cob 106kcal
<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>
Raspberry and Coconut Steamed Pudding 665kcal	Roasted Butternut Squash 63kcal	Pecan Pie 649kcal	Chocolate Mousse 377kcal

Friday	Saturday	Sunday
Sweet Potato, Coconut and Chilli Soup 240kcal		
Served With Freshly Baked Bread	No Service	No Service
Beef Bolognese 480kcal		
Vegetable Bolognese 461kcal (Vegetarian)		
Garlic Flatbread 274kcal		
Chef's Salad 140kcal		
Mediterranean Vegetables 175kcal		
Spaghetti 156kcal		
<b>DESSERT OF THE DAY</b>		
Spanish Flan 267kcal		

Enjoy our  
freshly  
prepared  
salads  
every day!