

# WEEKLY MENU

## Lunch

| Monday                                    | Tuesday   | Wednesday  | Thursday                            |
|---|---|--|-------------------------------------|
| Pumpkin and Ginger Soup 90kcal            | Tom Yum Soup 121kcal                                | Soupe au Pistou 245kcal                                    | Cumin Aubergine Soup 157kcal        |
| Served With Freshly Baked Bread           | Served With Freshly Baked Bread                     | Served With Freshly Baked Bread                            | Served With Freshly Baked Bread     |
| Beef Lok Lak 710kcal                      | Bavette Steak with Peppercorn Sauce 304kcal         | West Indian Style Chicken with sauce Chien 268kcal (Halal) | Chicken and Chorizo Paella 563kcal  |
| Cajun Chicken 369kcal (Halal)             | Catch of the day with Olive Tapenade 183kcal        | Spiced Fillet of Coley 118kcal                             | Mixed Seafood Paella 431kcal        |
| Chinese Vegetable Stew 348kcal (Vegan)    | Spicy Bean Burger with Tomato Salsa 503kcal (Vegan) | West Indian Vegetable Curry 543 kcal (Vegan)               | Tomato and Halloumi One Pot 577kcal |
| Cambodian Cucumber Salad 238kcal          | Dauphinoise Potatoes 352kcal                        | Caribbean Slaw 262kcal                                     | Garlic Roasted Green Beans 72kcal   |
| Ginger Fried Rice 148kcal                 | Sesame Roasted Broccoli 73kcal                      | Gallo Pinto 369kcal  | Patatas Bravas 407kcal              |
| Stir Fried Chilli Aubergine 222kcal       | Skinny Fries 337kcal                                | Steamed Cabbage 52kcal                                     | Spanish Style Bread 290kcal         |
| Wilted Pak Choi 110kcal                   |   | Cuban Black Beans 305kcal                                  | Ceaser Salad 330kcal                |
| <b>DESSERT OF THE DAY</b>                 | <b>DESSERT OF THE DAY</b>                           | <b>DESSERT OF THE DAY</b>                                  | <b>DESSERT OF THE DAY</b>           |
| 5 Spiced Bread and Butter Pudding 486kcal | Apple and Cinnamon Crumble 226kcal                  | Lemon and Orange Tart with Crème Chantilly 570kcal         | Lime Posset 619kcal                 |

| Friday   | Saturday                                    | Sunday                                       |
|--|---|--|
| Spiced Lentil Soup 138kcal                           |   | Honey Roast Parsnip Soup 237kcal             |
| Served With Freshly Baked Bread                      | Brunch                                      | Served With Freshly Baked Bread              |
| Korean Style Bulgogi Beef 494kcal                    |   | Roasted Pork Loin With Mustard Sauce 562kcal |
| Freshly Battered Haddock 326kcal                     | Selection Of Pastries, Paninis and Toasties | Root Vegetable and Lentil Pie 457kcal        |
| Cauliflower Steak with Crispy Capers 277kcal (Vegan) |   | Roasted Potato's 391kcal                     |
| BBQ Pit Beans 218kcal                                |   | Sweetheart Cabbage 68kcal                    |
| Double Cooked Hand Cut Chips                         | Waffles and Chocolate Sauce                 | Roasted Beetroot 86kcal                      |
| Garden Peas 81kcal                                   |   |  |
| Rice 130kcal   |   |  |
| <b>DESSERT OF THE DAY</b>                            | <b>Fruit Salad 56kcal</b>                   | <b>DESSERT OF THE DAY</b>                    |
| Coffee and Walnut Cake 620kcal                       |   | Duke Of Cambridge Tart 622kcal               |

Enjoy our  
freshly  
prepared  
salads  
every day!