

WEEKLY MENU

Dinner

Monday	Tuesday	Wednesday	Thursday
Broccoli Soup 104kcal	Cauliflower Cheese Soup 188kcal	Tomato and Olive Soup 237kcal	Winter Vegetable Soup 164kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Sweet Chilli Chicken Thighs 318kcal	Diced Smoky Pork and Bean Stew in a Roasted Tomato Sauce 463kcal	Chicken Amatriciana 472kcal	Slow Braised Beef Chilli (Halal) 456kcal
Butternut Squash and Sage Risotto 609kcal (Vegetarian)	Smoky Quorn Bolognese 514kcal (Vegetarian)	Tofu and Vegetable Tray Bale (Vegan) 414kcal	Chunky Quorn Chilli 515kcal (Vegan)
Hoisin Vermicelli 312kcal	Roasted Sweet Potato 134kcal	Fruity Cous Cous 189kcal	Cajun Rice 138kcal
Garlic Mushrooms 186kcal	Penne 272kcal	Green Salad 140kcal	Tortilla Chips and Dips 217kcal
Green Beans 62kcal	Garlic Bread 313kcal	Oven Roasted Broccoli 62kcal	Stir Fry Vegetables 304kcal
Parmesan Topped Broccoli 106kcal	Peas 53 kcal		
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Peach Crumble 404kcal	Rocky Road 497kcal	Madeline Sponge 649kcal	Chocolate and Apricot Flapjack 433kcal

Friday	Saturday	Sunday
Sweet Potato, Coconut and Chilli Soup 240kcal		
Served With Freshly Baked Bread	No Service	No Service
West Indian Style Chicken with Sauce Chien 268kcal		
West Indian Vegetable Curry 543kcal (Vegetarian)		
Steamed Cabbage 274kcal		
Cuban Black beans 140kcal		
Mediterranean Vegetables 175kcal		
DESSERT OF THE DAY		
Waffle with Chocolate Sauce 665kcal		

Enjoy our freshly prepared salads every day!