

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 |
| Pork Meatballs with a Roasted Tomato Sauce 297kcal | Beef Brisket 572kcal | Beef Bourguignon 767kcal (Halal) | Chicken Tikka Masala 487kcal |
| | | Moqueca 398kcal | |
| Vegan Tofu Balls with a Roasted Tomato Sauce 230kcal (Vegan) | Three Cheese Macaroni Topped with Golden Breadcrumbs 685kcal (Vegetarian) | Beetroot Bourguignon 182kcal (Vegan) | Tofu and Vegetable Curry 576kcal |
| Kale 49kcal | Sweet Potato Mash 249kcal | Carrot and Swede Mash 154 kcal | Jasmine Rice 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 | Mango Spiced Corn 217kcal |
| Spiced Sweetcorn 92kcal | | Sauté Cabbage 52kcal | Naan Bread 304kcal |
| DESSERT OF THE DAY | DESSERT OF THE DAY | DESSERT OF THE DAY | DESSERT OF THE DAY |
| 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 (Halal) | | |
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| Sweet Potato and Kidney Bean Stew 547kcal | | |
| Roasted Mediterranean Vegetables 87kcal | | |
| Mixed Greens 60kcal | | |
| Brazilian Style Rice 288kcal | | |
| | | |
| DESSERT OF THE DAY | | |
| Sticky Ginger and Sultana Sponge 368kcal | | |

Enjoy our
freshly
prepared
salads
every day!