

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Miso Aubergine Soup 176kcal	Tomato Soup 189 Kcal	Red Lentil, Chickpea and Chilli Soup 222kcal	Mexican Bean Soup 349kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Chipotle Bbq Chicken 544kcal	Chicken Paella 487kcal (Halal)	Roasted Turkey 371kcal	Pulled Sriracha Chicken Flatbread 483kcal
Stuffed Quinoa Peppers(Vegetarian)	Red Onion and Brie Frittata 312kcal (Vegetarian)	Lentil and Vegetable Casserole 485kcal (Vegan)	Spicy Bean Flatbread 544kcal (Vegetarian)
Broad Beans 66kcal	Roasted Butternut Squash 63kcal	Crushed New Potatoes 129kcal	Roasted Chickpeas 81kcal
Charred Vegetables 175kcal	Creamy Minted Peas 134kcal	Sauté Cabbage 52kcal	Oven Roasted Wedges 191kcal
Rice and Peas 195 kcal	Skinny Fries 337kcal	Cauliflower 160kcal	Corn on The Cob 106kcal
Cajun Roasted New Potatoes 232kcal	Almond Cous Cous 103kcal	Roast Potatoes 391kcal	
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Waffle With Chocolate Sauce 665kcal	Plum Crumble 570kcal	Christmas Pudding 274kcal	Pecan Tart 577kcal

Friday	Saturday	Sunday
Minestrone Soup 220kcal		
Served With Freshly Baked Bread		
Sausage and Caramelised Red Onion Plait 562kcal		
Freshly Battered Haddock 326kcal		
Med Veg Quinoa Loaf 340Kcal		
Double Cooked Hand Cut Chips 381kcal		
BBQ Pit Beans 218kcal		
Grilled Leeks 61kcal		
Peas 81kcal		
DESSERT OF THE DAY		
Caramel and Pear Blondie 413kcal		

Enjoy our
freshly
prepared
salads
every day!