

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Mushroom and Truffle Soup 153kcal	Lentil Soup 104kcal	Courgette and Cumin Soup 131kcal	Spinach and Chickpea Soup 119kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Jerk Chicken 429kcal (halal)	Smoky Pork and Boston Bean Tray bake 475kcal	Roasted Turkey 371kcal	Crispy Katsu Chicken 382kcal
Jamaican Chickpea Curry 458kcal (Vegetarian)	Philly Cheesesteak Sandwich 492kcal	Haddock Fillet with Tomato and Olive Dressing 332kcal	Tandoori Roasted Coley 191kcal
Garlic Potatoes 135kcal	Squash, Goats Cheese and Thyme Gratin 554Kcal (Vegetarian)	Masala Frittata with Avocado Salsa 347kcal (Vegetarian)	Katsu Aubergine 341kcal (Vegan)
Jerk Spiced Vegetables 128kcal	Herby Mashed Potatoes 222kcal	Crushed New Potatoes 129kcal	Jasmine Rice 181kcal
Rice and Peas 195 kcal	Kale 49kcal	Parsnips 200kcal	Masala Potatoes 156kcal
Corn on the Cob 106kcal	Thyme Roasted Carrots 90kcal	Cauliflower Cheese 160kcal	Aloo Gobi 322kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Banoffee Pie 458kcal	Chocolate and Pear Pudding 513kcal	Kit Kat Cheesecake 429kcal	Caramel Apple Jalousie 484kcal

Friday	Saturday	Sunday
Leek and Butterbean Soup 139kcal	Brunch	Broccoli Soup 104Kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Sausage and Caramelised Red Onion Plait 562kcal	Fruit Salad 50kcal	Honey Roast Gammon 334kcal
Freshly Battered Haddock 326kcal		
Seitan Kebab with Slaw and Garlic Hot Sauce 783kcal (Vegetarian)	Waffles and Chocolate Sauce 484 kcal	Lentil Loaf 388kcal (Vegan)
Double Cooked Hand Cut Chips 381kcal		Roast Potatoes 391kcal
Sweet Potato Mash 142kcal		Savoy Cabbage 52kcal
Smashed Celeriac and Butterbeans 157kcal		Roasted Carrots 82kcal
Peas 81kcal		New Potatoes 129kcal
DESSERT OF THE DAY		DESSERT OF THE DAY
Jam Roly Poly and Custard 332kcal		Apple and Cinnamon Crumble 355Kcal

Enjoy our freshly prepared salads every day!