

# WEEKLY MENU

## Dinner

Monday	Tuesday	Wednesday	Thursday
Pea and Mint Soup 108kcal	Curried Cauliflower Soup 111kcal	Root Vegetable Soup 196kcal	Broccoli Soup 111kcal
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 Provencal (with olives and Artichoke) 388kcal (Halal)
Vegan Neatballs with a Roasted Tomato Sauce 230kcal (Vegan)	Three Cheese Macaroni Topped with Golden Breadcrumbs 685kcal (Vegetarian)	Beetroot Bourguignon 182kcal (Vegan)	Mozzarella and Tomato Gnocchi Bake 570kcal (Vegetarian)
Kale 49kcal	Sweet Potato Mash 249kcal	Carrot and Swede Mash 154 kcal	Mixed Green Salad 45kcal
Spaghetti 158kcal	Chef's Salad 140kcal	Coconut Rice 313kcal	Rice 130kcal
Garlic Baguette 274kcal	Roasted Broccoli 62 kcal	Grilled Courgette 34 kcal	Mashed Potatoes 214kcal
Spiced Sweetcorn 92kcal		Sauté Cabbage 52kcal	Roasted Broccoli topped with Pumpkin Seeds 141kcal
<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>
Mixed Berry Pavlova 217kcal	Lemon and Poppy seed Cake 314kcal	Tre's Leches Cake 295kcal	Rhubarb, Pear and Hazelnut Crumble 430kcal

Friday	Saturday	Sunday
Red Pepper, Squash and Harissa Soup 205 kcal		
Served With Freshly Baked Bread	No Service	No Service
Chicken Feijoada 686kcal		
Sweet Potato and Kidney Bean Stew 547kcal (Vegan)		
Roasted Mediterranean Vegetables 87kcal		
Mixed Greens 60kcal		
Brazilian Style Rice 288kcal		
<b>DESSERT OF THE DAY</b>		
Sticky Ginger and Sultana Sponge 368kcal		

Enjoy our  
freshly  
prepared  
salads  
every day!