

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Carrot and Ginger Soup 91kcal	Pea Soup 158kcal	Parsnip Soup 165kcal	Broccoli Soup 340kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Slow Braised Pork Tagine 430kcal	Chicken and Leek Pie 683kcal	Chimmi Churri Pork Steak 304kcal	Chicken Portion with Mushroom Sauce 382kcal
Coley with Sauce Vierge 171kcal	Vietnamese Dirty Fries 575kcal (Street Food)	Catch of the day with Buerre Noisette 148kcal	Korean Chicken and Basmati Rice 504kcal
Pearl Barley and Parsnip Tagine 639kcal (Vegetarian)	Roasted Butternut Squash, Black Eyed Bean & Quinoa Pie 588kcal (Vegan)	Stuffed Sweet Potato 578kcal (Vegetarian)	Three Cheese Macaroni Topped With Golden Breadcrumbs 456kcal (Vegetarian)
Herb Roasted New Potatoes 129kcal	Mashed Potato 214kcal	Broad Beans 82kcal	Pickled Red Cabbage 156kcal
Cous Cous 103kcal	Roasted Parsnips 147kcal	Skinny Fries 378kcal	New Potatoes 129kcal
Roasted Carrot and Chickpeas 146kcal	Steamed Kale 49kcal	Red Onion and Tomato Salad 69kcal	Leeks 61kcal
Green Beans 62kcal	Fondant Potatoes 187kcal	Tabbouleh 269kcal	Mixed Greens 175kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Currant Sponge 342kcal	Toffee Apple Crumble 359kcal	Crème Catalan 267kcal	Pumpkin Spiced Scone 381kcal

Friday	Saturday	Sunday
Tomato Soup 123kcal		Carrot and Coriander Soup 138kcal
Served With Freshly Baked Bread	Brunch	Served With Freshly Baked Bread
Pork, Apple and Stuffing Bap with Chicken Gravy 714kcal		Roasted Pork Loin 467kcal
Freshly Battered Haddock 326kcal	Selection Of Pastries	Butternut Squash Stuffed with Lentils 660kcal (Vegetarian)
Feta and Sundried Tomato Frittata 407kcal (Light Lunch) (Vegetarian)		Braised Red Cabbage 156kcal
Garlic Roasted New Potatoes 139kcal		Cauliflower 50kcal
Double Cooked Hand Cut Chips 381kcal	Waffles and Chocolate Sauce	
Mushy Peas 173kcal		
DESSERT OF THE DAY	Fruit Salad 56kcal	DESSERT OF THE DAY
Swiss Roll 303kcal		Peach and Rhubarb Crumble With Cream 440kcal

Enjoy our freshly prepared salads every day!