

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
Parsnip and Pea Soup 217kcal	Pea and Mint Soup 108kcal	Courgette, Potato and Cheddar Soup 131kcal	Courgette and Cumin Soup 131kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
South African Chutney Chicken 450kcal (Halal)	Smoky Pork and Boston Bean Tray bake 475kcal	Honey Mustard Chicken One Pot 326kcal	Bratwurst in a Pretzel Roll with Sauerkraut and Jalapeños 803kcal
Steamed Ling with Caper Butter 308kcal	Fish Finger Sandwich With Chunky Tartare and Rocket 755kcal	Catch of the day with Tomato and Olive Dressing 332kcal	Smoked Maceral Kedgeree 878kcal
Spring Vegetable Frittata 310kcal (Vegetarian)	Jamaican Chickpea and Vegetable Stew 458kcal (Vegan)	Fennel and Chestnut Roast with Caribbean Relish 581kcal (Vegetarian)	Beetroot Bourguignon 183kcal (Vegan)
Boereboontjies 103kcal	Herby Mashed Potato 222kcal.	Crushed New Potato's 129kcal.	Sweet Potato Mash 249kcal
Jasmine Rice 181kcal	Thyme Roasted Carrots 90kcal.	Honey Roast Parsnips 200kcal	Skinny Fries 312kcal
Charred Carrots 90kcal	Corn on the Cob 106kcal	Cauliflower Cheese 260kcal	Green Beans 62kcal
Side Salad 140kcal	Cajun Rice 291kcal	Roast Potato's 391kcal	Smoky BBQ Beans 118kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Raspberry Brulé 523kcal	Jam Turnover 272kcal	Hot Cross Bun and Lemon Pudding 676kcal	Rice Pudding with Brown Sugar and Mixed Fruit Jam 261kcal

Friday	Saturday	Sunday
Spinach and Chickpea Soup 119kcal	Brunch	Broccoli Soup 104Kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Goan Pulled Pork with Naan and Riata 539kcal	Waffles and Chocolate Sauce 484 kcal	Honey Roast Gammon 334kcal
Freshly Battered Haddock 326kcal		Lentil Loaf 388kcal (Vegan)
Ricotta Gnocchi with Toasted Garlic and Walnuts 560kcal (Vegetarian)		Roast Potatoes 391kcal
Double Cooked Hand Cut Chips 381kcal		Savoy Cabbage 52kcal
Mushy Peas 173kcal		Roasted Carrots 82kcal
Cumin Roasted Carrots 90kcal		New Potatoes 129kcal
DESSERT OF THE DAY		DESSERT OF THE DAY
Cornflake Tart 405kcal		Apple and Cinnamon Crumble 355kcal

Enjoy our freshly prepared salads every day!