# Weekly Menu

**Dinner**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Lentil Soup 139kcal</td>
<td>Cream of Mushroom Soup 106kcal</td>
<td>Tomato and Red Pepper Soup 153kcal</td>
<td>Sweet Potato, Coconut and Chilli Soup 117kcal</td>
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<tr>
<td>Served With Freshly Baked Bread</td>
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<tr>
<td>Pork Chasseur 257kcal</td>
<td>Chicken Provencal (with olives and Artichoke) 388kcal (Halal)</td>
<td>Jamaican Style Braised Beef 466kcal (Halal)</td>
<td>Moroccan Meatball Casserole 394kcal</td>
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<tr>
<td>Smoked Haddock and Spring Onion Fishcakes 278kcal</td>
<td>Mozzarella and Tomato Gnocchi Bake 570kcal</td>
<td>Moqueca 360kcal</td>
<td>Breaded Plaice Fillet 347kcal</td>
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<tr>
<td>Vegetable Casserole with Sage Polenta Dumplings 435kcal</td>
<td>Mixed Green Salad 45kcal</td>
<td>Jamaican Jerk Tofu Skewers 674kcal</td>
<td>Roasted Stuffed Cauliflower with Kale and Chestnuts 261kcal</td>
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<tr>
<td>Fondant Potatoes 233kcal</td>
<td>Rice 130kcal</td>
<td>Rice And Peas 299kcal</td>
<td>Garlic Flatbread 128kcal</td>
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<tr>
<td>Cauliflower 50kcal</td>
<td>Mashed Potatoes 214kcal</td>
<td>Carrot, Pistachio and Feta Salad 307kcal</td>
<td>Roasted Zucchini 34kcal</td>
</tr>
<tr>
<td>Roasted Sweet Potato 142kcal</td>
<td>Roasted Broccoli topped with Pumpkin Seeds 141kcal</td>
<td>Jamaican Spiced Vegetables 147kcal</td>
<td>Sauté Cabbage 52kcal</td>
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<tr>
<td>Broad Beans 82kcal</td>
<td>Mustard Mash Potatoes 324kcal</td>
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<td>Skinny Fries 312kcal</td>
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<td><strong>DESSERT OF THE DAY</strong></td>
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<tr>
<td>Chocolate Orange Flapjack 243kcal</td>
<td>Banana Bread With Toffee Sauce</td>
<td>Crème Caramel 267kcal</td>
<td>Warm Chocolate Brownie with Chocolate Sauce 406kcal</td>
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<table>
<thead>
<tr>
<th>Friday</th>
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<td>Closed</td>
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Enjoy our freshly prepared salads every day!