

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Curried Cauliflower Soup 111kcal	Celery Soup 163kcal	French Onion Soup 110kcal	Kale and Chickpea Soup 119kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Chicken" Wrap with pickled Red Cabbage and Garlic Mayo 587kcal	Pork Shoulder and Smoky Aubergine Flatbread 711kcal	Roast Chicken Breast 284kcal	Chicken Katsu 598kcal
Chunky Quorn Chilli 411kcal	Prawn Tikka Masala 531kcal	Mackerel Pasta with Cream and white Wine Sauce 432kcal	Breaded Calamari with Garlic Aioli 339kcal
Vegan Hot Dog with Jalapenos and Sautéed Onions 504kcal	Mixed Vegetable Tagine 230kcal	Nut roast 408kcal	Hunters Tofu 495kcal
Rosemary fries 431kcal	Moroccan Spiced Cous Cous 195kcal	Roast Potatoes 391kcal	Fried Rice 130kcal
Cajun Rice 143kcal	Sour Cream and Chilli Topped Corn 198kcal	Carrots 82kcal	5 Spiced Potatoes 391kcal
Roasted Carrots 95kcal	Brown Rice 216kcal	Green Beans 62kcal	Sweet Chilli Pak Choi 110kcal
Spiced Squash 135kcal		Roast New Potatoes. 129 kcal	Veggie Spring Rolls 170kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Rhubarb, Pear and Hazelnut Crumble 430kcal	Lemon and Poppy seed Cake 439kcal	Chocolate and Orange Marmalade Brioche Pudding	Coconut Pannacotta with Macerated Strawberries 466kcal

Friday	Saturday	Sunday
	Brunch	Scotch Broth 162 kcal
Selection of Soup and Sandwiches	Belgian Waffles and Chocolate sauce 484kcal	Served With Freshly Baked Bread
		Roasted Oregano Chicken Supreme 294kcal
		Wild Mushroom and Lentil Wellington 592 kcal
		Roast Potatoes 391kcal
		Braised Red Cabbage 107kcal
		Broccoli 62kcal
		Traditional Gravy 79kcal
		DESSERT OF THE DAY
		Apple Pie With Custard

Enjoy our freshly prepared salads every day!