

WEEKLY MENU

Dinner

Monday	Tuesday	Wednesday	Thursday
Courgette and Dill Soup 131kcal	Spicy Cabbage Soup 134kcal	Creamed Artichoke Soup 371kcal	Celeriac Soup 237kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Thai Green Chicken Curry 457kcal	Sticky Chipotle Bbq Beef Brisket 304kcal	Lemon and Herb Chicken Tray Bake with Butterbeans 466kcal (Halal)	Pork Meatballs in a Roasted Tomato Sauce 297kcal
Thai Green Tofu and Vegetable Curry 436kcal (Vegetarian)	Jamaican Chickpea Curry 458kcal (Vegan)	Chilli Corn & Spring Onion Fritter 353kcal (Vegetarian)	Slow Braised Mushroom Bolognese 219kcal (Vegan)
Steamed Rice 130kcal	Rice and Peas 195kcal	Fruity Cous Cous 176kcal	Garlic Bread 274kcal
Stir Fried Greens 141kcal	Mashed Sweet Potato 349kcal	Grilled Courgette 34kcal	Spaghetti 158kcal
Naan Bread 274kcal	Dirty Coleslaw 262kcal	Sautéed Cabbage 52kcal	Peas 81kcal
Grilled Aubergine 222kcal	BBQ Pit Beans 164kcal	Oven Roasted Wedges 246kcal	Charred Aubergine 222kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Cherry pie with Chantilly Cream 390kcal	Peanut Butter and Jam Flapjacks 399kcal	Plum Upside Down Sponge Cake 459kcal	Lemon Posset 421kcal

Friday	Saturday	Sunday
Roasted Swede Soup 118kcal	Closed	Closed
Served With Freshly Baked Bread		
Minced Lamb Casserole 465kcal (Halal)		
Feta and Spring Vegetable Frittata (Vegetarian) 482kcal		
Mashed Herby Swede 93kcal		
Green beans 61kcal		
Roast Potatoes 361kcal		
DESSERT OF THE DAY		
Raspberry and White Chocolate Scones 312kcal		

Enjoy our freshly prepared salads every day!