

# WEEKLY MENU

## Dinner

Monday	Tuesday	Wednesday	Thursday
Lentil Soup 139kcal	Cream of Mushroom Soup 106kcal	Tomato and Red Pepper Soup 153kcal	Sweet Potato, Coconut and Chilli Soup 117kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Pork Chasseur 257kcal	Chicken Provencal (with olives and Artichoke) 388kcal (Halal)	Jerk Chicken 466kcal	Moroccan Meatball Casserole 394kcal (Halal)
Smoked Haddock and Spring Onion Fishcakes 278kcal	Mozzarella and Tomato Gnocchi Bake 570kcal	Moqueca 360kcal	Breaded Plaice Fillet 347kcal
Vegetable Casserole with Sage Polenta Dumplings 435kcal	Mixed Green Salad 45kcal	Jamaican Jerk Tofu Skewers 674kcal	Roasted Stuffed Cauliflower with Kale and Chestnuts 261kcal
Fondant Potatoes 233kcal	Rice 130kcal	Rice n Peas 299kcal	Garlic Flatbread 128kcal
Cauliflower 50kcal	Mashed Potatoes 214kcal	Carrot, Pistachio and Feta Salad 307kcal	Roasted Zucchini 34kcal
Roasted Sweet Potato 142kcal	Roasted Broccoli topped with Pumpkin Seeds 141kcal	Jamaican Spiced Vegetables 147kcal	Sauté Cabbage 52kcal
Broad Beans 82kcal		Mustard Mash Potatoes 324kcal	Skinny Fries 312kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Chocolate Orange Flapjack 243kcal	Banana Bread With Toffee Sauce 369kcal	Crème Caramel 267kcal	Warm Chocolate Brownie with Chocolate Sauce 406kcal

Friday	Saturday	Sunday
Mixed Vegetable Soup 109kcal	Closed	Closed
Served With Freshly Baked Bread		
Pulled Buffalo Chicken Bao bun 718kcal (Halal)		
Grilled Aubergine Steak with Mozzarella and Tomato 213kcal		
Tabbouleh 269kcal		
Carrot and Coriander Slaw 78kcal		
Spiced Apple and Fennel Salad 275kcal		
Sweet Chilli Leeks 86kcal		
DESSERT OF THE DAY		
Carrot Cake with Cream Cheese Frosting 326kcal		

Enjoy our  
freshly  
prepared  
salads  
every day!