

# 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
Slow Braised Beef Ragu 297kcal (Halal)	Lamb Shoulder and Smoky Aubergine Flatbread 711kcal	Roast Chicken Breast 284kcal	Chicken Chow Mein 598kcal
Honeyed Harissa Cod with Crispy Chickpeas 446kcal	Reggae Reggae Nachos 671kcal	Catch Of The Day with Cream and white Wine Sauce 232kcal	Sticky Jerk Cod with Mango Slaw 339kcal
Pearl Barley and Broccoli Risotto with Lemon and Basil 378kcal	Mixed Vegetable Tagine 230kcal	Nut roast 408kcal	Hunters Tofu 495kcal
Spaghetti 158kcal	Moroccan Spiced Cous Cous 195kcal	Roast Potatoes 391kcal	Fried Rice 130kcal
Peas 81kcal	Sour Cream and Chilli Topped Corn 198kcal	Carrots 82kcal	5 Spiced Potatoes 391kcal
Fried Tortilla 214kcal	Brown Rice 216kcal	Green Beans 62kcal	Sweet Chilli Pak Choi 110kcal
Mixed Vegetables 121kcal		Roast New Potatoes. 129kcal	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 Posset 361kcal	Chocolate and Orange Marmalade Brioche Pudding 657kcal	Coconut Pannacotta with Macerated Strawberries 466kcal

Friday	Saturday	Sunday
Courgette, Pea and Pesto Soup 206kcal	Brunch	Scotch Broth 162kcal
Served With Freshly Baked Bread	Belgian Waffles and Chocolate sauce 484kcal	Served With Freshly Baked Bread
Pork, Apple and Stuffing Bap with Chicken Gravy 714kcal		Roasted Oregano Chicken Supreme 294kcal
Battered Haddock 326kcal		Wild Mushroom and Lentil Wellington 592kcal
Rustic Ciabatta Topped with Creamy Garlic Mushrooms 675kcal		Roast Potatoes 391kcal
Double Cooked Hand Cut Chips 381kcal		Braised Red Cabbage 107kcal
Mushy Peas 173kcal		Broccoli 62kcal
Sweet Potato, Spring Onion and Feta Salad 360kcal		Traditional Gravy 79kcal
Chunky Tartare Sauce 84kcal		
DESSERT OF THE DAY		DESSERT OF THE DAY
Fruit Tart 471kcal		Apple Pie With Custard 418kcal

Enjoy our  
freshly  
prepared  
salads  
every day!