<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrot and Ginger Soup 91kcal</td>
<td>Leek and Goats Cheese Soup 304kcal</td>
<td>Parsnip Soup 165kcal</td>
<td>Curried Sweetcorn Soup 193kcal</td>
</tr>
<tr>
<td>Served With Freshly Baked Bread</td>
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</tr>
<tr>
<td>Slow Braised Beef Tagine (Halal) 430kcal</td>
<td>Chicken Kiev Quesadilla 413kcal</td>
<td>Mustard Topped Chicken Supreme 367kcal (Halal)</td>
<td>Cajun Turkey Steak with Pineapple Salsa 476kcal</td>
</tr>
<tr>
<td>Coley with Sauce Vierge 171kcal</td>
<td>Butternut, Spring Herb and Crispy Butter Bean Quiche 590kcal (Vegetarian)</td>
<td>Crispy Cod Katsu 293kcal</td>
<td>Smoked Haddock Kedgeree 471kcal</td>
</tr>
<tr>
<td>Pearl Barley and Parsnip Tagine 639kcal (Vegetarian)</td>
<td>Tuna Arrabbiata Pasta Gratin 345kcal</td>
<td>Ricotta Gnocchi with Toasted Garlic 477kcal (Vegetarian)</td>
<td>Squash and Halloumi Flatbread with Sweet Chilli &amp; Beetroot Jam 673kcal (Vegetarian)</td>
</tr>
<tr>
<td>Herb Roasted New Potatoes 129kcal</td>
<td>Tortilla Chips and Assorted Dips 345kcal</td>
<td>Roasted Potatoes 361kcal</td>
<td>Spiced Rice 130kcal</td>
</tr>
<tr>
<td>Cous Cous 103kcal</td>
<td>Roasted Sweet Potato 249kcal</td>
<td>Broad Beans 82kcal</td>
<td>Rocket Salad 101kcal</td>
</tr>
<tr>
<td>Roasted Carrot and Chickpeas 146kcal</td>
<td>Mixed Greens 141kcal</td>
<td>Honey Roast Carrots 146kcal</td>
<td>Roasted Chickpeas and Butterbeans 107kcal</td>
</tr>
<tr>
<td>Green Beans 62kcal</td>
<td>Jalapeno Popper Mexican Street Corn 339kcal</td>
<td>Wholegrain Mustard Mashed Potato 214kcal</td>
<td>Tabbouleh 136kcal</td>
</tr>
<tr>
<td>Lemongrass Pannacotta 418kcal</td>
<td>Coconut Loaf Cake 498kcal</td>
<td>Crème Catalan 267kcal</td>
<td>Chocolate and Orange Topped Belgian Waffle 497kcal</td>
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**Lunch**

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- Spiced Rice 130kcal

**Friday**
- Tomato Soup 123kcal
- Served With Freshly Baked Bread 91kcal
- Korean Style Bulgogi Beef 494kcal (Street Food)
- Freshly Battered Haddock 326kcal
- Spiced Falafel Burger with Crunchy Chickpea Salad 476 (Vegan)
- Garlic Roasted New Potatoes 139kcal
- Double Cooked Hand Cut Chips 381kcal
- Mushy Peas 173kcal

**Saturday**
- Continental Breakfast
- 09:00-09:30
- Brunch
- 12:00-12:30

**Sunday**
- DESSERT OF THE DAY
- Sticky Toffee Pudding with Toffee Sauce 540kcal

**Enjoy our freshly prepared salads every day!**