## WEEKLY MENU

### Lunch

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td>Curried Cauliflower Soup 111kcal</td>
<td>Celery Soup 163kcal</td>
<td>French Onion Soup 110kcal</td>
<td>Kale and Chickpea Soup 119kcal</td>
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<tr>
<td>Served With Freshly Baked Bread</td>
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<tr>
<td>Slow Braised Beef Ragu 297kcal (Halal)</td>
<td>Lamb Shoulder and Smoky Aubergine Flatbread 711kcal</td>
<td>Roast Chicken Breast 284kcal</td>
<td>Chicken Chow Mein 598kcal</td>
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<tr>
<td>Honeyed Harissa Cod with Crispy Chickpeas 446kcal</td>
<td>Reggae Reggae Nachos 671kcal</td>
<td>Catch Of The Day with Cream and white Wine Sauce 232kcal</td>
<td>Sticky Jerk Cod with Mango Slaw 339kcal</td>
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<tr>
<td>Pearl Barley and Broccoli Risotto with Lemon and Basil 378kcal</td>
<td>Mixed Vegetable Tagine 230kcal</td>
<td>Nut roast 408kcal</td>
<td>Hunters Tofu 495kcal</td>
</tr>
<tr>
<td>Spaghetti 158kcal</td>
<td>Moroccan Spiced Cous Cous 195kcal</td>
<td>Roast Potatoes 391kcal</td>
<td>Fried Rice 130kcal</td>
</tr>
<tr>
<td>Peas 81kcal</td>
<td>Sour Cream and Chilli Topped Corn 198kcal</td>
<td>Carrots 82kcal</td>
<td>5 Spiced Potatoes 391kcal</td>
</tr>
<tr>
<td>Fried Tortilla 214kcal</td>
<td>Brown Rice 216kcal</td>
<td>Green Beans 62kcal</td>
<td>Sweet Chilli Pak Choi 110kcal</td>
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<tr>
<td>Rhubarb, Pear and Hazelnut Crumble 430kcal</td>
<td>Lemon Posset 361kcal</td>
<td>Chocolate and Orange Marmalade Brioche Pudding 657 kcal</td>
<td>Coconut Pannacotta with Macerated Strawberries 466kcal</td>
</tr>
</tbody>
</table>

### Friday
- Courgette, Pea and Pesto Soup 206kcal
- Served With Freshly Baked Bread
- Pork, Apple and Stuffing Bap with Chicken Gravy 714kcal
- Battered Haddock 326kcal
- Rustic Ciabatta Topped with Creamy Garlic Mushrooms 675kcal
- Double Cooked Hand Cut Chips 381kcal
- Mushy Peas 173kcal
- Sweet Potato, Spring Onion and Feta Salad 360kcal
- Chunky Tartare Sauce 84kcal
- DESSERT OF THE DAY: Fruit Tart 471kcal

### Saturday
- Brunch
- Belgian Waffles and Chocolate sauce 484kcal
- Roasted Oregano Chicken Supreme 294kcal
- Wild Mushroom and Lentil Wellington 592 kcal
- Roast Potatoes 391kcal
- Braised Red Cabbage 107kcal
- Broccoli 62kcal
- Traditional Gravy 79kcal

### Sunday
- Scotch Broth 162 kcal
- 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

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