

# WEEKLY MENU

## Dinner

Monday	Tuesday	Wednesday	Thursday
Lentil Soup 139kcal	Cream of Mushroom Soup 106kcal	Tomato and Red Pepper Soup 153kcal	Celeriac Soup 237kcal
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	Lamb Kofta with Flatbread and Riata 677kcal
Vegetable Casserole 335kcal (Vegan)	Mozzarella and Tomato Gnocchi Bake 570kcal (Vegetarian)	Jamaican Jerk Tofu Skewers 674kcal	Moroccan Falafel Flatbread 697kcal (Street Food) (Vegan)
Fondant Potatoes 233kcal	Mixed Green Salad 45kcal	Rice n Peas 299kcal	Fruity Cous Cous 189kcal
Cauliflower 50kcal	Rice 130kcal	Carrot, Pistachio and Feta Salad 307kcal	Green Salad 140kcal
Roasted Sweet Potato 142kcal	Mashed Potatoes 214kcal	Jamaican Spiced Vegetables 147kcal	Oven Roasted Broccoli 62kcal
Broad Beans 82kcal	Roasted Broccoli topped with Pumpkin Seeds 141kcal	Mustard Mash Potatoes 324kcal	Herb Roasted Swede 51kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Sprinkled Ring Doughnut 363kcal	Banana Bread With Toffee Sauce	Crème Caramel 267kcal	Mixed Fruit Crumble 649kcal

Friday	Saturday	Sunday
Mixed Vegetable Soup 109kcal	Closed	Closed
Served With Freshly Baked Bread		
Pork and Apple Burger 522kcal		
Spicy Bean Burger 413kcal		
Garlic Mushrooms 186kcal		
Green Beans 62kcal		
Parmesan Topped Broccoli 106kcal		
Skinny Fries 312kcal		
DESSERT OF THE DAY		
Carrot Cake with Cream Cheese Frosting 326kcal		

Enjoy our  
freshly  
prepared  
salads  
every day!