

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
<b>Carrot and Ginger Soup</b> 91kcal	<b>Leek and Goats Cheese Soup</b> 304kcal	<b>Parsnip Soup</b> 165kcal	<b>Curried Sweetcorn Soup</b> 193kcal
<b>Served With Freshly Baked Bread</b>	<b>Served With Freshly Baked Bread</b>	<b>Served With Freshly Baked Bread</b>	<b>Served With Freshly Baked Bread</b>
<b>Slow Braised Beef Tagine (Halal)</b> 430kcal	<b>Chicken Kiev Quesadilla</b> 413kcal	<b>Mustard Topped Chicken Supreme</b> 367kcal (Halal)	<b>Cajun Turkey Steak with Pineapple Salsa</b> 476kcal
<b>Pearl Barley and Parsnip Tagine (Vegetarian)</b> 639kcal	<b>Butternut, Spring Herb and Crispy Butter Bean Quiche (Vegetarian)</b> 590kcal	<b>Crispy Cod Katsu</b> 293kcal	<b>Smoked Haddock Kedgeree</b> 471kcal
<b>Herb Roasted New Potatoes</b> 129kcal	<b>Tuna Arrabbiata Pasta Gratin</b> 365kcal	<b>Ricotta Gnocchi with Toasted Garlic</b> 477kcal (Vegetarian)	<b>Squash and Halloumi Flatbread with Sweet Chilli &amp; Beetroot Jam</b> 673kcal (Vegetarian)
<b>Cous Cous</b> 103kcal	<b>Tortilla Chips and Assorted Dips</b> 345kcal	<b>Roasted Potatoes</b> 361kcal	<b>Spiced Rice</b> 130kcal
<b>Roasted Carrot and Chickpeas</b> 146kcal	<b>Roasted Sweet Potato</b> 249kcal	<b>Broad Beans</b> 82kcal	<b>Rocket Salad</b> 101kcal
<b>Green Beans</b> 62kcal	<b>Mixed Greens</b> 141kcal	<b>Honey Roast Carrots</b> 146kcal	<b>Roasted Chickpeas and Butterbeans</b> 107kcal
<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>
<b>Lemongrass Pannacotta</b> 418kcal	<b>Jalapeno Popper Mexican Street Corn</b> 339kcal	<b>Wholegrain Mustard Mashed Potato</b> 214kcal	<b>Chocolate and Orange Topped Belgian Waffle</b> 497kcal
	<b>Coconut Loaf Cake</b> 498kcal	<b>Crème Catalan</b> 267kcal	

Friday	Saturday	Sunday
<b>Tomato Soup</b> 123kcal	<b>Brunch</b>	<b>Scotch Broth</b> 162 kcal
<b>Served With Freshly Baked Bread</b>		<b>Served With Freshly Baked Bread</b>
<b>Korean Style Bulgogi Beef</b> 494kcal (Street Food)		<b>Roasted Oregano Chicken Supreme</b> 294kcal
<b>Freshly Battered Haddock</b> 326kcal		<b>Wild Mushroom and Lentil Wellington</b> 592 kcal
<b>Spiced Falafel Burger with Crunchy Chickpea Salad</b> 476 (Vegan)		<b>Roast Potatoes</b> 391kcal
<b>Garlic Roasted New Potatoes</b> 139kcal		<b>Braised Red Cabbage</b> 107kcal
<b>Double Cooked Hand Cut Chips</b> 381kcal		<b>Broccoli</b> 62kcal
<b>Mushy Peas</b> 173kcal		<b>Traditional Gravy</b> 79kcal
<b>DESSERT OF THE DAY</b>		<b>DESSERT OF THE DAY</b>
<b>Sticky Toffee Pudding with Toffee Sauce</b> 540kcal		<b>Apple Pie With Custard</b>

Enjoy our freshly prepared salads every day!