<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black bean and Kale Soup 293kcal</td>
<td>Leek and Potato Soup 189kcal</td>
<td>Red Lentil, Chickpea and Chilli Soup 222kcal</td>
<td>Summer Bean and Bulgur Wheat Soup 367kcal</td>
</tr>
<tr>
<td>Served With Freshly Baked Bread</td>
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</tr>
<tr>
<td>Chicken, Runner Bean and Pea Paella 533kcal (Halal)</td>
<td>Sausage, Gherkin and Pickled Onion Toad In The Hole 553kcal</td>
<td>Garlic and Thyme Roasted Chicken Breast 297kcal (Halal)</td>
<td>Greek Lamb Tray bake 388kcal</td>
</tr>
<tr>
<td>Quinoa Stuffed Pepper 346kcal (Vegan)</td>
<td>Smoked Haddock and Spring Onion Fishcakes 557kcal</td>
<td>Catch of the day with Ginger and Chilli Dressing 137kcal</td>
<td>Breaded Fillet of Plaice 242kcal</td>
</tr>
<tr>
<td>Mediterranean Salad 179kcal</td>
<td>Herby Mashed Potatoes 254kcal</td>
<td>Vermicelli Noodles 109kcal</td>
<td>Garlic Mushrooms 186kcal</td>
</tr>
<tr>
<td>Parmesan Roasted New Potatoes 301kcal</td>
<td>Roasted Parsnips 119kcal</td>
<td>Roasted Potatoes 391kcal</td>
<td>Paprika Roasted Wedges 240kcal</td>
</tr>
<tr>
<td>Sautéed Green Vegetables 339kcal</td>
<td>Ratatouille 111kcal</td>
<td>Sautéed Cabbage 52kcal</td>
<td>Tomato and Chickpea Salad 221kcal</td>
</tr>
<tr>
<td>Garlic Bread 350kcal</td>
<td>Sweet Potato and Herb Crumble 299kcal</td>
<td>Spiced Cauliflower 53kcal</td>
<td>Garlic Topped Flatbread 350kcal</td>
</tr>
<tr>
<td>Bread and Butter Pudding 337kcal</td>
<td>Biscoff Cheesecake 436kcal</td>
<td>Apple Strudel 274kcal</td>
<td>Blueberry Muffin 419kcal</td>
</tr>
</tbody>
</table>

**Friday**

- Minestrone Soup 220kcal
- Served With Freshly Baked Bread
- Sriracha Glazed Chicken Fillet with Pickled Cabbage 577kcal
- Freshly Battered Haddock 326kcal
- Bombay Filo Potato Pie 386kcal (Vegan)
- Fruity Cous Cous 204kcal
- Double Cooked Hand Cut Chips 381kcal
- Mushy Peas 173kcal
- Garden Peas 81kcal
- DESSERT OF THE DAY
- Coffee and Walnut Millionaires Slice 482kcal

**Saturday**

- Brunch
- Chicken Supreme 284kcal
- Nut Roast 607kcal (Vegan)
- Carrots 82kcal
- Broccoli 62kcal
- Roast Potatoes 391kcal
- New Potatoes 129kcal
- DESSERT OF THE DAY
- Chocolate and Orange Bread and Butter Pudding 586kcal

**Sunday**

- Honey Roasted Parsnip Soup 179kcal
- Served With Freshly Baked Bread
- Brunch
- Chicken Supreme 284kcal
- Nut Roast 607kcal (Vegan)
- Carrots 82kcal
- Broccoli 62kcal
- Roast Potatoes 391kcal
- New Potatoes 129kcal
- DESSERT OF THE DAY
- Chocolate and Orange Bread and Butter Pudding 586kcal

*Enjoy our freshly prepared salads every day!*