

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Black bean and Kale Soup 293kcal	Leek and Potato Soup 189kcal	Red Lentil, Chickpea and Chilli Soup 222kcal	Summer Bean and Bulgar Wheat Soup 367kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Chicken, Runner Bean and Pea Paella 533kcal (Halal)	Sausage, Gherkin and Pickled Onion Toad In The Hole 553kcal	Garlic and Thyme Roasted Chicken Breast 297kcal (Halal)	Greek Lamb Tray bake 388kcal
Quinoa Stuffed Pepper 346kcal (Vegan)	Smoked Haddock and Spring Onion Fishcakes 557kcal	Catch of the day with Ginger and Chilli Dressing 137kcal	Breaded Fillet of Plaice 242kcal
Mediterranean Salad 179kcal	Aubergine, Potato and Goats Cheese Gratin 438kcal (Vegetarian)	Lentil and Vegetable Hotpot 485kcal (Vegan)	Courgette and Ricotta Lasagne 406kcal (Vegetarian)
Parmesan Roasted New Potatoes 301kcal	Herby Mashed Potatoes 254kcal	Vermicelli Noodles 109kcal	Garlic Mushrooms 186kcal
Sautéed Green Vegetables 339kcal	Roasted Parsnips 119kcal	Roasted Potatoes 391kcal	Paprika Roasted Wedges 240kcal
Garlic Bread 350kcal	Ratatouille 111kcal	Sauté Cabbage 52kcal	Tomato and Chickpea Salad 221kcal
DESSERT OF THE DAY	Sweet Potato and Herb Crumble 299kcal	Spiced Cauliflower 53kcal	Garlic Topped Flatbread 350kcal
Bread and Butter Pudding 337kcal	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
	Biscoff Cheesecake 436kcal	Apple Strudel 274kcal	Blueberry Muffin 419kcal

Friday	Saturday	Sunday
Minestrone Soup 220kcal		Honey Roasted Parsnip Soup 179kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Sriracha Glazed Chicken Fillet with Pickled Cabbage 577kcal	Brunch	Chicken Supreme 284kcal
Freshly Battered Haddock 326kcal		Nut Roast 607kcal (Vegan)
Bombay Filo Potato Pie 386kcal (Vegan)		Carrots 82kcal
Fruity Cous Cous 204kcal		Broccoli 62kcal
Double Cooked Hand Cut Chips 381kcal		Roast Potatoes 391kcal
Mushy Peas 173kcal		New Potatoes 129kcal
Garden Peas 81kcal		
DESSERT OF THE DAY		DESSERT OF THE DAY
Coffee and Walnut Millionaires Slice 482kcal		Chocolate and Orange Bread and Butter Pudding 586kcal

Enjoy our freshly prepared salads every day!