

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Curried Cauliflower Soup 111kcal	Sweet Potato, Coconut and Chilli Soup 117kcal	French Onion Soup 110kcal	Kale and Chickpea Soup 119kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Slow Braised Beef Ragu 297kcal (Halal)	Meatball Casserole 394kcal	Honey Roast Gammon 284kcal	Chicken Chow Mein 598kcal (Halal)
Courgette and Ricotta Lasagne 406kcal kcal (Vegetarian)	Smoked Haddock and Spring Onion Fishcakes 278kcal	Catch Of The Day with Cream and white Wine Sauce 232kcal	Sticky Jerk Cod with Mango Slaw 339kcal
Spaghetti 158kcal	Roasted Stuffed Cauliflower with Kale and Chestnuts 261kcal	Nut roast 408kcal (Vegetarian)	Hunters Tofu 495kcal
Peas 81kcal	Garlic Flatbread 128kcal	Roast Potatoes 391kcal	Fried Rice 130kcal
Fried Tortilla 214kcal	Roasted Zucchini 34kcal	Carrots 82kcal	5 Spiced Potatoes 391kcal
Mixed Vegetables 121kcal	Sauté Cabbage 52kcal	Green Beans 62kcal	Sweet Chilli Pak Choi 110kcal
	Skinny Fries 312kcal	Roast New Potatoes. 129 kcal	Veggie Spring Rolls 170kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Rhubarb, Pear and Hazelnut Crumble 430kcal	Warm Chocolate Brownie with Chocolate Sauce 406kcal	Chocolate and Orange Marmalade Brioche Pudding	Coconut Pannacotta with Macerated Strawberries 466kcal

Friday	Saturday	Sunday
Courgette, Pea and Pesto Soup 206kcal		Scotch Broth 162 kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Pork, Apple and Stuffing Bap with Chicken Gravy 714kcal	Brunch	Roasted Oregano Chicken Supreme 294kcal
Battered Haddock 326kcal		Wild Mushroom and Lentil Wellington 592 kcal
Rustic Ciabatta Topped with Creamy Garlic Mushrooms 675kcal (Vegetarian)		Roast Potatoes 391kcal
Double Cooked Hand Cut Chips 381kcal		Braised Red Cabbage 107kcal
Mushy Peas 173kcal		Broccoli 62kcal
Sweet Potato, Spring Onion and Feta Salad 360kcal		Traditional Gravy 79kcal
* Chunky Tartare Sauce 84kcal		
DESSERT OF THE DAY		DESSERT OF THE DAY
Fruit Tart 471kcal		Apple Pie With Custard 418kcal

Enjoy our
freshly
prepared
salads
every day