

# WEEKLY MENU

## Dinner

Monday	Tuesday	Wednesday	Thursday
Spicy Lentil Soup 56kcal	Spinach & Rocket Soup 203kcal	Special BBQ Event	Pumpkin Noodle Laksa 243kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread		Served With Freshly Baked Bread
Honey & Mustard Pulled Chicken Quesadilla 529kcal	Lamb Kofta in Spicy Tomato Sauce 338kcal		Beef Stir Fry 164kcal
Lemon & Broccoli Pasta (Vegetarian) 209kcal	Vegetable Gratin (Vegetarian) 230kcal		Hot & Sour Vegetable Stew (Vegan)
Rosemary & Sea Salted Potato Wedges 123kcal	Feta topped French Fries 158kcal		Chow Mein Noodles 197kcal
Cajun Corn on the Cob 106kcal	Roasted Courgettes 56kcal		Rice Noodles 331kcal
Roasted Leeks 80kcal	Anise Maple Carrots 138kcal		Fried Chinese Cabbage 140kcal
Lime & Coriander Green Beans 40kcal			Five Spice Aubergine 86kcal
DESSERT OF THE DAY	DESSERT OF THE DAY		DESSERT OF THE DAY
Pear Strudel 182kcal	Baklava 121kcal		Mango Pudding 167kcal

Friday	Saturday	Sunday
Chilli Bean Soup 157kcal	Closed	Closed
Served With Freshly Baked Bread		
Chilli Con Carne 149kcal		
Roasted Vegetable Enchilada (Vegetarian) 334kcal		
Green Rice 126kcal		
Refried Beans 92kcal		
Cheesy Corn 150kcal		
Dips Salsa, Guacamole, Sour Cream, Grated Cheddar 50kcal		
DESSERT OF THE DAY		
Churros 348kcal with Cinnamon Sugar/Chocolate Sauce 79kcal		

Enjoy our  
freshly  
prepared  
salads  
every day!