

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
Curried Cauliflower Soup 111kcal	Mulligatawny Soup 163kcal	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)	Lamb Biryani with Riata and Mango Chutney 711kcal	Roast Chicken Breast 284kcal	Pesto Chicken Bruschetta 598kcal
Honeyed Harissa Cod with Crispy Chick Peas 446kcal	Sticky Jerk Cod with Mango Slaw 371kcal	Catch Of The Day with Cream and white Wine Sauce 232kcal	Haddock Fillet with Sauce Vierge 339kcal
Pearl Barley and Broccoli Risotto with Lemon and Basil 378kcal	Aubergine Fritter Topped with Sriracha Slaw 230kcal	Nut roast 408kcal	Falafel Burger 495kcal
Spaghetti 158kcal	Lentil Dahl 195kcal	Roast Potatoes 391kcal	Cajun Rice 130kcal
Peas 81kcal	Corn on the Cob 198kcal	Carrots 82kcal	5 Spiced Potatoes 391kcal
Fried Tortilla 214kcal	Sweet Potato Fries 216kcal	Green Beans 62kcal	Kale 110kcal
Mixed Vegetables 121kcal		Roast New Potatoes. 129 kcal	Roast Celeriac 170kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Rhubarb, Pear and Hazelnut Crumble 430kcal	Blackberry Frangipane 361kcal	Chocolate and Orange Marmalade Brioche Pudding	Poached Pear with Honey Crème Fraiche 466kcal

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

Enjoy our  
freshly  
prepared  
salads  
every day!