# WEEKLY MENU
## Lunch

| Monday | Tuesday | Wednesday | Thursday |
|---|---|---|---|
| Green Vegetable Soup 132kcal | Carrot & Dill Soup 188kcal | French Onion Soup 277kcal | Broccoli & Stilton Soup 342kcal |
| Served With Freshly Baked Bread | Served With Freshly Baked Bread | Served With Freshly Baked Bread | Served With Freshly Baked Bread |
| Venezuelan Pulled Pork Flatbread 701kcal | Lamb Bobotie (Halal) 657kcal | Lemon & Thyme Chicken 444kcal | Beef Goulash (Halal) 477kcal |
| COTD with Watercress Sauce 275kcal | Garlic Chilli Prawn Linguine 604kcal | Admirals Pie 308kcal | COTD with Spinach & Butterbeans 178kcal |
| Squash Tarte Tatin (Vegan) 486kcal | South African Vegetable Curry 557kcal | Tapenade Stuffed Mushroom 397kcal | Vegan Paprikash 395kcal |
| Wilted Spinach 63kcal | Sauté Kale 91kcal | Roast Potatoes 391kcal | Rice Pilaf 215kcal |
| Tomato Quinoa 208kcal | Aromatic Basmati Rice 165kcal | Honey Roasted Carrots 148kcal | Roasted Mediterranean Vegetables 167kcal |
| Roasted Sweet Potato 331kcal | Lebanese Flatbread 204kcal | Garden Peas 99kcal | Sugar snap Peas 77kcal |
| | | | |
| DESSERT OF THE DAY | DESSERT OF THE DAY | DESSERT OF THE DAY | DESSERT OF THE DAY |
| Eton Mess 498kcal | Lemon & Lime Posset 464kcal | Bread & Butter Pudding 578kcal | Steamed Chocolate Chip Sponge 528kcal |

| Friday | Saturday | Sunday |
|---|---|---|
| | Brunch | Butternut Squash Soup 188kcal |
| Harrys Jacket Potato Bar | | Served With Freshly Baked Bread |
| A selection of Roasted Skin on potatoes with a variety of toppings | | Roast Topside of Beef 304kcal |
| | | Celeriac Steak 287kcal |
| | | Roast Potatoes 391kcal |
| | | Marmalade Roasted Courgette 242kcal |
| | | Mangetout 77kcal |
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| | | DESSERT OF THE DAY |
| | | White Chocolate & Strawberry Scones 486kcal |

Enjoy our freshly prepared salads every day!