

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Pumpkin Soup 91kcal	Leek and Goats Cheese Soup 304kcal	Parsnip Soup 165kcal	Curried Sweetcorn Soup 193kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Chicken and Mushroom Stroganoff 430kcal	Moroccan Lamb Flatbread (Halal) 571kcal	Mustard Topped Chicken Supreme 367kcal (Halal)	Cajun Turkey Steak with Pineapple Salsa 476kcal
Smoked Haddock and Spring Onion Fishcakes 456kcal	Butternut, Spring Herb and Crispy Butter Bean Quiche 590kcal (Vegetarian)	Smoked Maceral Kedgerree 293kcal	Smoked Haddock Kedgerree 471kcal
Pearl Barley and Parsnip Tagine 639kcal (Vegetarian)	Tuna Arrabbiata Pasta Gratin 365kcal	Ricotta Gnocchi with Toasted Garlic 477kcal (Vegetarian)	Squash and Halloumi Flatbread with Sweet Chilli & Beetroot Jam 673kcal (Vegetarian)
Herb Roasted New Potatoes 129kcal	Tortilla Chips and Assorted Dips 345kcal	Roasted Potatoes 361kcal	Spiced Rice 130kcal
Cous Cous 103kcal	Roasted Sweet Potato 249kcal	Broad Beans 82kcal	Rocket Salad 101kcal
Roasted Carrot and Chickpeas 146kcal	Mixed Greens 141kcal	Honey Roast Carrots 146kcal	Roasted Chickpeas and Butterbeans 107kcal
Green Beans 62kcal	Jalapeno Popper Mexican Street Corn 339kcal	Wholegrain Mustard Mashed Potato 214kcal	Tabbouleh 136kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Steamed Syrup Sponge 418kcal	Pear and Apple Crumble 498kcal	Crème Catalan 267kcal	Chocolate and Orange Topped Belgian Waffle 497kcal

Friday	Saturday	Sunday
Tomato Soup 123kcal	Brunch	Carrot and Coriander Soup 138kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Korean Style Bulgogi Beef 494kcal (Street Food)		Roasted Pork Loin 467kcal
Freshly Battered Haddock 326kcal		Butternut Squash Stuffed with Lentils 660kcal (Vegetarian)
Spiced Falafel Burger with Crunchy Chickpea Salad 476 (Vegan)		Braised Red Cabbage 156kcal
Garlic Roasted New Potatoes 139kcal		Roast Potatoes 391kcal
Double Cooked Hand Cut Chips 381kcal		Cauliflower 50kcal
Mushy Peas 173kcal		
DESSERT OF THE DAY		DESSERT OF THE DAY
Sticky Toffee Pudding with Toffee Sauce 540kcal		Peach and Rhubarb Crumble With Cream 440kcal

Enjoy our
freshly
prepared
salads
every day!