

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
Black bean and Kale Soup 293kcal	Leek and Potato Soup 189kcal	Red Lentil, Chickpea and Chilli Soup 222kcal	Summer Bean and Bulgar Wheat Soup 367kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Chicken, Runner Bean and Pea Paella 533kcal (Halal)	Sausage, Gherkin and Pickled Onion Toad In The Hole 553	Garlic and Thyme Roasted Chicken Breast 297kcal (Halal)	Greek Lamb Tray bake 388kcal
Quinoa Stuffed Pepper 346kcal (Vegan)	Prawn, Mango and Spring Onion Pakoras 388kcal	Catch of the day with Ginger and Chilli Dressing 137kcal	Breaded Fillet of Plaice 242kcal
Calamari with Garlic Aioli and Lemon 388kcal	Aubergine, Potato and Goats Cheese Gratin 438kcal (Vegetarian)	Lentil and Vegetable Hotpot 485kcal (Vegan)	Courgette and Ricotta Lasagne 406kcal (Vegetarian)
Mediterranean Salad 179kcal	Herby Mashed Potatoes 254kcal	Vermicelli Noodles 109kcal	Garlic Mushrooms 186kcal
Parmesan Roasted New Potatoes	Roasted Parsnips 119kcal	Roasted Potatoes 391kcal	Paprika Roasted Wedges 240kcal
Sautéed Green Vegetables 339kcal	Ratatouille 111kcal	Sauté Cabbage 52kcal	Tomato and Chickpea Salad 221kcal
Garlic Bread 350kcal	Sweet Potato and Herb Crumble 299kcal	Spiced Cauliflower 53kcal	Garlic Topped Flatbread 350kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Hot Chocolate Fudge Cake 337kcal	Lemon and Blueberry Rice Pudding 436kcal	Apple Strudel 274kcal	Blueberry Muffin 419kcal

Friday	Saturday	Sunday
Minestrone Soup 220kcal	Brunch	Honey Roasted Parsnip Soup 179kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Sriracha Glazed Chicken Fillet with Pickled Cabbage 577kcal		Chicken Supreme 284kcal
Freshly Battered Haddock 326kcal		Nut Roast 607kcal (Vegan)
Rarebit Toasties with Sticky Marmite Onions 1028kcal (Vegetarian)		Carrots 82kcal
Triple Cooked Chips 381kcal		Broccoli 62kcal
Garden Peas 81kcal		Roast Potatoes 391kcal
Mushy Peas 173kcal		New Potatoes 129kcal
Fruity Cous Cous 204kcal		
DESSERT OF THE DAY		DESSERT OF THE DAY
Coffee and Walnut Millionaires Slice 482kcal		Chocolate and Orange Bread and Butter Pudding 586kcal

Enjoy our  
freshly  
prepared  
salads  
every day!