

WEEKLY MENU

Dinner

Monday	Tuesday	Wednesday	Thursday
Lentil Soup 139kcal	French Onion Soup 110kcal	Tomato and Red Pepper Soup 153kcal	Sweet Potato, Coconut and Chilli Soup 117kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Beef and Guinness Stew with Bacon Dumplings 557kcal	Sausage and Winter Green Canneloni 564kcal	Jerk Chicken 466kcal (Halal)	Lamb Kofta Wrap 491kcal
Smoked Haddock and Spring Onion Fishcakes 278kcal	Penne Alla Norma 517kcal (Vegetarian)	Jamaican Jerk Tofu Skewers 674kcal (Vegan)	Vegetarian Pastito 576kcal
Vegetable Casserole with Sage Polenta Dumplings 435kcal (Vegetarian)	Garlic and Sundried Tomato Dough Balls 370kcal	Rice n Peas 299kcal	Greek Potato Wedges 307kcal
Roasted New Potatoes 233kcal	Tuscan Roasted Potatoes 339kcal	Cavolo Nero 39kcal	Roasted Butternut Squash with Feta and Artichoke 188kcal
Cauliflower 50kcal	Mediterranean Roasted Vegetables 147kcal	Jamaican Spiced Vegetables 147kcal	Greek Lemon Rice with Chickpeas 186kcal
Wholegrain Mustard Mash 188kcal	Farro with Wild Mushrooms and Parmesan 368kcal	Sweet Potato Fries 324kcal	Gigantes Plaki 431kcal
Broad Beans 82kcal			
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Chocolate Orange Flapjack 243kcal	Lemon Meringue Pie 718kcal	Crème Caramel 267kcal	Baklava 484kcal

Friday	Saturday	Sunday
Mixed Vegetable Soup 109kcal	Closed	Closed
Served With Freshly Baked Bread		
Pulled Buffalo Chicken Bao bun 718kcal (Halal)		
Grilled Aubergine Steak with Mozzarella and Tomato 213kcal (Vegetarian)		
Tabbouleh 269kcal		
Carrot and Coriander Slaw 78kcal		
Spiced Apple and Fennel Salad 275kcal		
Sweet Chilli Leeks 86kcal		
DESSERT OF THE DAY		
Carrot Cake with Cream Cheese Frosting 326kcal		

Enjoy our freshly prepared salads every day!