

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Winter Vegetable and Lentil Soup 264kcal	Broccoli Soup 104kcal	Soup au Pistou 222kcal	
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	
Turkey, Cranberry & Stuffing Wellington 553kcal	Chorizo and Mozzarella Gnocchi 318kcal	Slow Braised Beef Bunny Chow 606kcal (Halal)	
Haddock Fillet with Butterbeans and Red Chard 203kcal	Thai Fried Prawn and Pineapple Rice 311kcal	Pesto, Mozzarella and Black Olive Pizza 501kcal	
Celeriac, Leek and Rosemary Gratin 438kcal (Vegetarian)	Butternut Squash and Sage Risotto 609kcal (Vegetarian)	Tofu Tikka Masala 583kcal (Vegan)	Thanksgiving Menu Please see poster's for details
Herby Mashed Potatoes 254kcal	Kale salad, Lemon Dressing 210kcal	Yellow Rice 179kcal	
Roasted Parsnips 119kcal	Garlic Mushrooms 186kcal	Poppadum's and Dips 212kcal	
Lyonnais Potatoes 290kcal	Green Beans 62kcal	Spiced Oven Roasted Wedges 200kcal	
Hazelnut and Mustard Roasted Carrots 199kcal	Parmesan Topped Broccoli 106kcal	Carrot Salad 104kcal	
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	
Mulled Wine Brownies 362kcal	Jam Roly Poly 375kcal	Melktert 409kcal	

Friday	Saturday	Sunday
Cream of Mushroom Soup 188kcal	Brunch	Honey Roasted Parsnip Soup 179kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Firecracker Chicken Rice Bowl 447kcal		Chicken Supreme 284kcal
Freshly Battered Haddock 326kcal		Nut Roast 607kcal (Vegan)
Hot & Spicy "Chicken" Tortilla 504kcal (Vegetarian)		Carrots 82kcal
Triple Cooked Chips 381kcal		Broccoli 62kcal
Garden Peas 81kcal		Roast Potatoes 391kcal
Mushy Peas 173kcal		New Potatoes 129kcal
Loaded Potato Skins 343kcal		
DESSERT OF THE DAY		DESSERT OF THE DAY
Salted Caramel and Dark Chocolate Choux Bun 479kcal		Chocolate and Orange Bread and Butter Pudding 586kcal

Enjoy our freshly prepared salads every day!