

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
Tomato Soup 123kcal	Leek and Goats Cheese Soup 304kcal	Root Vegetable Soup 218kcal	Sweetcorn Chowder 261kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Cheddar Topped Cottage Pie 600 kcal.	Chicken Kiev Quesadilla (Halal) 413kcal	Beef Topside with Yorkshire Pudding 449kcal	Grilled Chimmi Churri Chicken Thighs 366kcal
Fillet of Haddock with Salsa Verde 150kcal	Haddock with Sauce Vierge 171kcal	Catch of the day With Lemon and Tarragon Butter 187kcal	Hake Fillet with Sauce Malai 248kcal
Lentil and Vegetable Hotpot 553kcal (Vegan)	Butternut, Spring Herb and Crispy Butter Bean Quiche 590kcal (Vegetarian)	Catch of the day With Lemon and Tarragon Butter 187kcal	Potato and Courgette Latke 318kcal (Vegan)
Wholegrain Mustard Mashed Potato 324kcal	Tortilla Chips and Assorted Dips 345kcal	Garlic and Herb Roasted Potatoes 361kcal	Pickled Red Cabbage 174kcal.
Roasted New Potatoes 221kcal.	Roasted Sweet Potato 249kcal	Charred Cauliflower and Broccoli 98kcal	Paprika Spiced Wedges 200kcal
Crushed Carrot and Swede 166kcal	Mixed Greens 141kcal	Dauphinoise Potatoes 395kcal	Tomato and Red Onion Salad 142kcal
	Jalapeno Popper Mexican Street Corn 339kcal	Maple and Brown Sugar Roasted Carrots 218kcal.	Pomegranate Cous Cous 327kcal
<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>
Steamed Syrup Pudding 493kcal	Coconut Loaf Cake 498kcal	Spotted Dick with Custard 473kcal.	Salted Caramel Swiss Roll 332kcal.

Friday	Saturday	Sunday
Courgette and Carraway Soup 131kcal	Brunch	Carrot and Coriander Soup 138kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Sausage and Caramelised Red Onion Plait 562kcal	Belgian Waffles and Chocolate sauce 484kcal	Roasted Pork Loin 467kcal
Freshly Battered Haddock 326kcal		Butternut Squash Stuffed with Lentils 660kcal (Vegetarian)
Red Onion and Brie Tartlet 444kcal (Vegetarian)		Braised Red Cabbage 156kcal.
Double Cooked Chips 381kcal		Roast Potatoes 391 kcal
Garden Peas 81kcal		Cauliflower 50kcal
Chip Shop Style Mushy Peas 180kcal		Roasted New Potatoes 221kcal
Charred Leeks 122kcal		
<b>DESSERT OF THE DAY</b>		<b>DESSERT OF THE DAY</b>
Burnt Butterscotch Rice Pudding 767kcal		Peach and Rhubarb Crumble with Cream 440kcal

Enjoy our freshly prepared salads every day