

# WEEKLY MENU

## Dinner

Monday	Tuesday	Wednesday	Thursday
Lentil Soup 139kcal	French Onion Soup 110kcal	Tomato and Red Pepper Soup 153kcal	Celeriac Soup 237kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Beef and Red Wine Stew with Sage and Polenta Dumplings 557kcal	Sausage and Winter Green Canneloni 564kcal	Jerk Chicken 466kcal (Halal)	Smoked Salmon, Dill and Cream Cheese Tagliatelle 525kcal
Vegetable Casserole with Sage Polenta Dumplings 435kcal (Vegetarian)	Penne Alla Norma 517kcal (Vegetarian)	Jamaican Jerk Tofu Skewers 674kcal (Vegan)	Slow Braised Mushroom Bolognese 219kcal (Vegan)
Roasted New Potatoes 233kcal	Garlic and Sundried Tomato Dough Balls 370kcal	Rice n Peas 299kcal	Garlic Bread 274kcal
Cauliflower 50kcal	Tuscan Roasted Potatoes 339kcal	Calvoro Nero 39kcal	Spaghetti 158kcal
Wholegrain Mustard Mash 188kcal	Mediterranean Roasted Vegetables 147kcal	Jamaican Spiced Vegetables 147kcal	Peas 81kcal
Broad Beans 82kcal	Farro with Wild Mushrooms and Parmesan 368kcal	Mustard Mash Potatoes 324kcal	Charred Aubergine 222kcal
<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>
Chocolate Orange Flapjack 443kcal	Mulled Wine Brownie 407kcal	Crème Caramel 267kcal	Lemon Posset 421kcal

Friday	Saturday	Sunday
Mixed Vegetable Soup 109kcal	Closed	Closed
Served With Freshly Baked Bread		
Pulled Buffalo Pork Bao bun 718kcal		
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		
<b>DESSERT OF THE DAY</b>		
Carrot Cake with Cream Cheese Frosting 326kcal		

Enjoy our freshly prepared salads every day!