

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Green Chilli 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. (Halal)	Pulled Pork Tacos 413kcal.	Beef Silverside with Yorkshire Pudding 449kcal	Grilled Chimmi Churri Chicken Thighs 366kcal
Breaded Fillet of Place 350kcal	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)
Lentil and Vegetable Hotpot 553kcal (Vegan)	Coley with Sauce Vierge 171kcal	Quorn Roast 346kcal (Vegetarian)	Pickled Red Cabbage 174kcal.
Wholegrain Mustard Mashed Potato 324kcal	Mexican Rice 145kcal	Garlic and Herb Roasted Potatoes 361kcal.	Paprika Spiced Wedges 200kcal
Roasted New Potatoes 221kcal.	Roasted Sweet Potato 249kcal.	Charred Cauliflower and Broccoli 98kcal	Tomato and Red Onion Salad 142kcal
Crushed Carrot and Swede 166kcal	Mixed Greens 141kcal	Dauphinoise Potatoes 395kcal	Pomegranate Cous Cous 327kcal
	Jalapeno Popper Mexican Street Corn 339kcal	Maple and Brown Sugar Roasted Carrots 218kcal	
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Steamed Syrup Pudding 493kcal	Coconut Loaf Cake 498kcal	Spotted Dick with Custard 473kcal.	Salted Caramel Swiss Roll 332kcal.

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

Enjoy our
freshly
prepared
salads
every day!