

WEEKLY MENU

Dinner

Tuesday	Wednesday	Thursday
Courgette and Dill Soup 131kcal	Leek and Potato Soup 300kcal	Celeriac Soup 237kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Smoky Pork and Bean Casserole 501kcal	Pulled Sriracha Chicken Flatbread with Spicy Slaw 516kcal. (Halal)	Pork Meatballs in a Roasted Tomato Sauce 297kcal
Tofu and Vegetable Curry 436kcal (Vegetarian)	Sweet Potato Falafel Flatbread 491kcal	Slow Braised "Chicken" Bolognese 219kcal (Vegetarian)
Steamed Rice 130kcal	Rosemary Salted Fries 312kcal.	Oven Roasted Wedges 274kcal
Stir Fried Greens 141kcal.	Cajun Rice 177kcal	Garlic Dough Balls 358kcal
Naan Bread 274kcal	Jerk Spiced Corn on the Cob 118kcal.	Peas 81kcal
Grilled Aubergine 222kcal	Parmentier Potatoes 279kcal	Charred Aubergine 222kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Cherry pie with Chantilly Cream 390kcal	Peanut Butter Flapjack 399kcal	Lemon Posset 421kcal

Friday	Saturday	Sunday
Spicy Pumpkin Soup 106kcal	Closed	Closed
Served With Freshly Baked Bread		
Slow Braised Pork and Smoky Bean Cassoulet 386kcal		
West African Peanut Stew 633kcal (Vegan)		
Sour cream Green Beans 224kcal		
Chakalaka 216kcal		
Yellow Rice 179kcal		
African Stewed Potatoes 285kcal		
DESSERT OF THE DAY		
Malva Pudding 460kcal		

Enjoy our freshly prepared salads every day!