

# WEEKLY MENU

## Dinner

Monday	Tuesday	Wednesday	Thursday
Tomato and Red Pepper Soup 166kcal	Cauliflower and Cheddar Soup 188kcal	Parsnip and Apple Soup 204kcal	Sweet Potato, Coconut and Chilli Soup 117kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Pan Seared Chicken Supreme with Wild Mushroom Cream Sauce 448kcal	Pork and Apple Burger 522kcal	Greek Lamb Tray bake 388kcal (Halal)	Lamb Kofta Wrap 491kcal
Smoky Winter Vegetable and Halloumi Casserole 468kcal (Vegan)	Tomato Galette 251kcal (Vegetarian)	Courgette and Aubergine Ragu 406kcal (Vegetarian)	Vegetarian Pastito 576kcal
Tagliatelle 158kcal	Cajun Spiced Sweetcorn 64kcal	Garlic Mushrooms 186kcal	Greek Potato Wedges 307kcal
Peas 81kcal	Skinny Fries 312kcal	Paprika Roasted Wedges 240kcal	Roasted Butternut Squash with Feta and Artichoke 188kcal
Charred Vegetables 189kcal	Chef's Salad 128kcal	Tomato and Chickpea Salad 221kcal	Greek Lemon Rice with Chickpeas 186kcal
Mozzarella Bites with Sweet Chilli Sauce 318kcal		Garlic Topped Flatbread 350kcal	Gigantes Plaki 431kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Plum and Apple Cobbler 454kcal	Cherry and Almond Tart 417kcal	Blueberry Muffin 419kcal	Baklava 484kcal

Friday	Saturday	Sunday
Sweet Potato, Coconut and Chilli Soup 240kcal	Closed	Closed
Served With Freshly Baked Bread		
Beef Lasagne 580kcal (Halal)		
Vegetable Lasagne 461kcal (Vegetarian)		
Cheese Topped Garlic Flatbread 274kcal		
Chef's Salad 140kcal		
Mediterranean Vegetables 175kcal		
Honey Coated Carrots 90 kcal		
DESSERT OF THE DAY		
Spanish Flan 267kcal		

Enjoy our  
freshly  
prepared  
salads  
every day!