

# WEEKLY MENU

## Dinner

Monday	Tuesday	Wednesday	Thursday
Cream of Mushroom Soup 106kcal	Lentil Soup 139kcal	Kale and Chickpea Soup 119kcal	Tomato and Red Pepper Soup 153kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Chicken Provencal (with olives and Artichoke) 388kcal (Halal)	Pork Chasseur 257kcal	Sweet and Sour Chicken Balls 598kcal	Jerk Chicken 466kcal (Halal)
Mozzarella and Tomato Gnocchi Bake 570kcal (Vegetarian)	Smoked Haddock and Spring Onion Fishcakes 278kcal	Thai Style Steamed Haddock 199kcal	Moqueca 360kcal
Mixed Green Salad 45kcal	Vegetable Hotpot 435kcal (Vegan)	Spicy Miso Ramen 383kcal (Vegetarian) 119kcal	Jamaican Jerk Tofu Skewers 674kcal (Vegan)
Rice 130kcal	Fondant Potatoes 233kcal	Fried Rice 130kcal	Rice n Peas 299kcal
Mashed Potatoes 214kcal	Cauliflower 50kcal	5 Spiced Potatoes 391kcal	Carrot, Pistachio and Feta Salad 307kcal
Roasted Broccoli topped with Pumpkin Seeds 141kcal	Roasted Sweet Potato 142kcal	Kung Pao Sprouts 110kcal	Jamaican Spiced Vegetables 147kcal
	Broad Beans 82kcal	Veggie Spring Rolls 170kcal	Mustard Mash Potatoes 324kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Banana Bread With Toffee Sauce	Ginger Loaf 353kcal	Mandarin Cheesecake 630kcal	Crème Caramel 267kcal

Friday	Saturday	Sunday
Greek Lentil Soup 238kcal	Closed	Closed
Served With Freshly Baked Bread		
Stuffed Lamb Gyros 557kcal		
Feta and Olive Filled Eggplant 268kcal (Vegetarian)		
Tomato, Feta, Watermelon & Mint Salad 230kcal		
Greek Lemon Potatoes 328kcal		
Tabbouleh 272kcal		
DESSERT OF THE DAY		
Revani Cake 342kcal		

Enjoy our  
freshly  
prepared  
salads  
every day!