

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
Winter Vegetable and Lentil Soup 264kcal	Broccoli Soup 104kcal	Vegetarian Pho	Tomato and Fennel Soup 209kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Turkey, Cranberry & Stuffing Wellington 553kcal	Chorizo and Mozzarella Gnocchi 318kcal	Beef Banh Mi.	Crispy Fried Chicken with Korean BBQ Sauce 487kcal (Street Food) (Halal)
Haddock Fillet with Butterbeans and Red Chard 203kcal	Thai Fried Prawn and Pineapple Rice 311kcal	Tiger Prawn Pancakes	Maeuntang 305kcal
Celeriac, Leek and Rosemary Gratin 438kcal (Vegetarian)	Butternut Squash and Sage Risotto 609kcal (Vegetarian)	Tofu, Potato and Coconut Curry	Hoisin Tofu 515kcal (Vegan)
Herby Mashed Potatoes 254kcal	Kale salad, Lemon Dressing 210kcal	Grilled Broccoli and Papaya Salad	Egg Noodles 138kcal
Roasted Parsnips 119kcal	Garlic Mushrooms 186kcal	Mixed Greens and Cashew Stir Fry	Wilted Pak Choi 110kcal
Lyonnais Potatoes 290kcal	Green Beans 62kcal	Vietnamese Kale Salad	Soy Braised Potatoes 217kcal
Hazelnut and Mustard Roasted Carrots 199kcal	Parmesan Topped Broccoli 106kcal	Red Vietnamese Fried Rice	Stir Fry Vegetables 304kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Mulled Wine Brownies 362kcal	Jam Roly Poly 375kcal	Bahn Bo Nuong	Kkwabaegi Donut 599kcal

Friday	Saturday	Sunday
Cream of Mushroom Soup 188kcal	Brunch	Honey Roasted Parsnip Soup 179kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Firecracker Chicken Rice Bowl 447kcal		Chicken Supreme 284kcal
Freshly Battered Haddock 326kcal		Nut Roast 607kcal (Vegan)
Hot & Spicy "Chicken" Tortilla 504kcal (Vegetarian)		Carrots 82kcal
Triple Cooked Chips 381kcal		Broccoli 62kcal
Garden Peas 81kcal		Roast Potatoes 391kcal
Mushy Peas 173kcal		New Potatoes 129kcal
Loaded Potato Skins 343kcal		
DESSERT OF THE DAY		DESSERT OF THE DAY
Salted Caramel and Dark Chocolate Choux Bun 479kcal		Chocolate and Orange Bread and Butter Pudding 586kcal

Enjoy our  
freshly  
prepared  
salads  
every day