

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Roasted Parsnip Soup 217kcal	Pea and Mint Soup 108kcal	Courgette, Potato and Cheddar Soup 131kcal	Courgette and Cumin Soup 131kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Roasted Chicken Supreme with Mushroom and White Wine Sauce 450kcal	Smoky Pork and Boston Bean Tray bake 475kcal	Honey Mustard Chicken One Pot 326kcal	Bratwurst in a Pretzel Roll with Sauerkraut and Jalapeños 803kcal
Spring Vegetable Frittata 310kcal (Vegetarian)	Jamaican Chickpea and Vegetable Stew 458kcal (Vegan)	Catch of the day with Tomato and Olive Dressing 332kcal	Beetroot Bourguignon 183kcal (Vegan)
Wholegrain Mustard Mash Potato 181kcal	Herby Mashed Potato 222kcal	Fennel and Chestnut Roast with Caribbean Relish 581kcal (Vegetarian)	Sweet Potato Mash 249kcal
Charred Carrots 90kcal	Thyme Roasted Carrots 90kcal	Crushed New 129kcal	Skinny Fries 312kcal
Steamed Mixed Greens 140kcal	Corn on the Cob 106kcal	Honey Roast Parsnips 200kcal	Green Beans 62kcal
Roasted New Potatoes 103kcal	Cajun Rice 291kcal	Cauliflower Cheese 260kcal	Smoky BBQ Beans 118kcal
		Roast Potatoes 391kcal	
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Lemon Posset 523kcal	Jam Turnover 272kcal	Bread and Butter & Lemon Pudding 676kcal	Rice Pudding with Brown Sugar and Mixed Fruit Jam 261kcal

Friday	Saturday	Sunday
Spinach and Chickpea Soup 119kcal	Brunch	Broccoli Soup 104Kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Goan Pulled Pork with Naan and Riata 539kcal		Beef Silverside 334kcal
Freshly Battered Haddock 326kcal		Lentil Loaf 388kcal (Vegan)
Ricotta Gnocchi with Toasted Garlic and Walnuts 560kcal (Vegetarian)		Roast Potatoes 391kcal
Double Cooked Hand Cut Chips 381kcal		Savoy Cabbage 52kcal
Mushy Peas 173kcal		Roasted Carrots 82kcal
Cumin Roasted Carrots 90kcal		New Potatoes 129kcal
DESSERT OF THE DAY		DESSERT OF THE DAY
Cornflake Tart 405kcal		Apple and Cinnamon Crumble 355kcal

Enjoy our
freshly
prepared
salads
every day.