

# WEEKLY MENU

## Dinner

Monday	Tuesday	Wednesday	Thursday
Lentil Soup 139kcal	French Onion Soup 110kcal	Tomato and Red Pepper Soup 153kcal	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
Beef and Ale Casserole 557kcal	Sausage and Winter Green Pasta 564kcal	Jerk Chicken 466kcal (Halal)	Lamb Kofta Wrap 491kcal
Vegetable Casserole with Sage Polenta Dumplings 435kcal (Vegetarian)	Penne Alla Norma 517kcal (Vegetarian)	Jamaican Jerk Tofu Skewers 674kcal (Vegan)	Vegetarian Pastito 576kcal
Roasted Potatoes 233kcal	Garlic and Sundried Tomato Dough Balls 370kcal	Rice n Peas 299kcal	Greek Potato Wedges 307kcal
Kale 50kcal	Tuscan Roasted Potatoes 339kcal	Calvoro Nero 39kcal	Roasted Butternut Squash with Feta and Artichoke 188kcal
Wholegrain Mustard Mash 188kcal	Mediterranean Roasted Vegetables 147kcal	Jamaican Spiced Vegetables 147kcal	Greek Lemon Rice with Chickpeas 186kcal
Broad Beans 82kcal	Farro with Wild Mushrooms and Parmesan 368kcal	Mustard Mash Potatoes 324kcal	Gigantes Plaki 431kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Mango Bavarois 243kcal	Belgian Waffle with Chocolate Sauce 418kcal	Crème Caramel 267kcal	Baklava 484kcal

Friday	Saturday	Sunday
Mixed Vegetable Soup 109kcal	Closed	Closed
Served With Freshly Baked Bread		
Pulled Buffalo Chicken Bao bun 718kcal (Halal)		
Grilled Aubergine Steak with Mozzarella and Tomato 313kcal (Vegetarian)		
Tabbouleh 269kcal		
Carrot and Coriander Slaw 78kcal		
Spiced Apple and Fennel Salad 275kcal		
Sweet Chilli Leeks 86kcal		
DESSERT OF THE DAY		
Carrot Cake with Cream Cheese Frosting 326kcal		

Enjoy our  
freshly  
prepared  
salads  
every day!