

WEEKLY MENU

Dinner

Monday	Tuesday	Wednesday	Thursday
Cream of Mushroom Soup 96kcal	Tajin Cauliflower Soup 111kcal	Minestrone Soup 199kcal	Tomato and Red Pepper Soup 99kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Turkey, Ham and Leek Pie 793kcal	Peanut Butter Chicken Curry	Thai Fishcakes with Lemongrass Sauce 245kcal	Pulled Jamaican Lamb Flatbread 565kcal
Vegetarian Cottage Pie (Vegetarian) 449kcal	Vegan Massman Curry (Vegan) 448kcal	Spring Green Spanakopita (Vegetarian) 444kcal	Jamaican Vegetable Stew (Vegan) 474kcal
Herby Mashed Potatoes 220kcal	Mie Goreng 387kcal	Fragrant Rice 130kcal	Rice n Peas 299kcal
Sauteed Cabbage 81kcal	Spicy Sesame Pak Choi 53kcal	Cheese and Chive Garlic Ciabatta 521kcal	Spicy New Potatoes 169kcal
Roasted Broccoli 132kcal	Miso Roasted Carrots 182kcal	Lemon Basil Courgette 130kcal	Jerk Spiced Vegetables 147kcal
		Chilli Minted Peas 118kcal	
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Rhubarb and Blackberry Crumble with Custard 214kcal	Mandarin Cheesecake 630kcal	Chilli Chocolate Cake 541kcal	Banana Pancakes 372kcal

Friday	Saturday	Sunday
Greek Lentil Soup 233kcal	Closed	Closed
Served With Freshly Baked Bread		
Beef Stifado (HALAL) 778kcal		
Vegetable Moussaka (Vegetarian) 347kcal		
Greek Lemon Potatoes 328kcal		
Tabbouleh 272kcal		
Roasted Mixed Vegetables with Feta and Olives 190kcal		
DESSERT OF THE DAY		
Crème Caramel 267kcal		

Enjoy our freshly prepared salads every day!