

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
Curried Vegetable Soup 91kcal	Tom Kha Gai ( Coconut Soup) 178kcal	Parsnip Soup 165kcal	Curried Sweetcorn Soup 193kcal
Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread	Served With Freshly Baked Bread
Chicken and Mushroom Stroganoff 430kcal	Curried Chicken Thighs 336kcal	Steak and Kidney Pie 497kcal	Roasted Pork Loin 242kcal
Smoked Salmon & Dill Fishcakes 456kcal	Mixed Vegetable Pad Thai 605kcal	Lentil Loaf 493kcal	Honey Roast Gammon 314kcal
Loaded Vegan Nachos with Cheese Sauce, Spicy "Chicken", Jalapeños, Tomato Salsa and Coriander 627kcal	Moo Bing - Pork Skewers in a Thai Marinade, Sticky Rice, Charred Lime, Sesame Slaw 718kcal	BBQ Chicken Stack ( Sweet waffles topped with, Chicken Tenders, Smoky BBQ Sauce, Onion Rings, Sliced Cheddar and Potato Wedges)1023kcal	Squash and Halloumi Flatbread with Tabbouleh, Sweet Chilli Beetroot Jam, Charred Zucchini 673kcal (Vegetarian)
Herb Roasted New Potatoes 129kcal	Som Tam (Papaya Salad) 127kcal	Wholegrain Mustard Mashed Potato 266kcal	Roasted Potatoes 361kcal
Cous Cous 103kcal	Thai Pineapple Fried Rice 189kcal	Roasted Carrots 140kcal	Dauphinoise Potatoes 408kcal
Roasted Carrot and Chickpeas 146kcal	Stir Fried Greens 99kcal	Peas 134kcal	Leeks 93kcal
<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>
Steamed Syrup Sponge 418kcal	Guoi Chup Bang Tod (Fried Banana Balls, Dulce de Leche) 558kcal	Crème Catalan 267kcal	Chocolate and Orange Topped Belgian Waffle 497kcal.

Friday	Saturday	Sunday
Tomato Soup 123kcal.	Brunch	
Served With Freshly Baked Bread		
Freshly Battered Haddock 326kcal		
Spiced Falafel Burger with Crunchy Chickpea Salad 476 (Vegan)		Garden Party
Korean Style Bulgogi Beef, Fragrant Rice, Toasted Seeds, Cucumber 794kcal		
Garlic Roasted New Potatoes 139kcal.		
Double Cooked Hand Cut Chips 381kcal		
Mushy Peas 173kcal		
<b>DESSERT OF THE DAY</b>		
Sticky Toffee Pudding with Toffee Sauce 540kcal		

Enjoy our freshly prepared salads every day