

WEEKLY MENU

Dinner

| Monday | Tuesday | Wednesday | Thursday |
|--|--|--|---|
| Courgette and Dill Soup 131kcal | Spicy Cabbage Soup 134kcal | Creamed Artichoke Soup 371kcal | Celeriac Soup 237kcal |
| Served With Freshly Baked Bread | Served With Freshly Baked Bread | Served With Freshly Baked Bread | Served With Freshly Baked Bread |
| Beef Keema 457kcal. | Sticky Chipotle Pork Chops 304kcal | Lemon and Herb Chicken Tray Bake with Butterbeans 466kcal (Halal) | Pork Meatballs in a Roasted Tomato Sauce 297kcal |
| Tofu and Vegetable Curry 436kcal (Vegetarian) | Jamaican Chickpea Curry 458kcal (Vegan) | Chilli Corn & Spring Onion Fritter 353kcal (Vegetarian) | Jamaican Chickpea Curry 458kcal (Vegan) |
| Steamed Rice 130kcal. | Rice and Peas 195kcal | Grilled Courgette 34kcal | Garlic Bread 274kcal |
| Stir Fried Greens 141kcal. | Mashed Sweet Potato 349kcal. | Sautéed Cabbage 52kcal | Spaghetti 158kcal |
| Naan Bread 274kcal | Dirty Coleslaw 262kcal | Oven Roasted Wedges 246kcal | Peas 81kcal |
| Grilled Aubergine 222kcal | BBQ Pit Beans 164kcal. | Fruity Cous Cous 176kcal | Green Beans |
| DESSERT OF THE DAY | DESSERT OF THE DAY | DESSERT OF THE DAY | DESSERT OF THE DAY |
| Cherry pie with Chantilly Cream 390kcal | Jam Flapjack 399kcal | Plum Upside-Down Sponge Cake 459kcal | Lemon Posset 421kcal |

| Friday | Saturday | Sunday |
|--|---------------|---------------|
| Roasted Swede Soup 118kcal | | |
| Served With Freshly Baked Bread | | |
| Breaded Plaice | | |
| Smoked Haddock Fishcakes | | |
| Spiced Falafel Flatbreads | Closed | Closed |
| Mushy Peas | | |
| Chips | | |
| DESSERT OF THE DAY | | |
| Rice Pudding with selection of toppings | | |

Enjoy our freshly prepared salads every day!