

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Pumpkin Soup 91kcal	om Kha Gai (Coconut Soup)	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	Roasted Beef Topside 367kcal (Halal)	Lemon and Herb Spiced Chicken Traybake 432kcal
Smoked Haddock and Spring Onion Fishcakes 456kcal	Mixed Vegetable Pad Thai	Lentil Loaf 493kcal	Seafood Risotto 342kcal
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	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)	Roasted Potatoes 361kcal	Roasted Swede 130kcal
Cous Cous 103kcal	Sticky Rice	Broad Beans 82kcal	Roasted Courgette 101kcal
Roasted Carrot and Chickpeas 146kcal	Stir Fried Greens	Honey Roast Carrots 146kcal	Tabbouleh 136kcal
DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY	DESSERT OF THE DAY
Steamed Syrup Sponge 418kcal	Banana Sponge 414kcal	Crème Catalan 267kcal	Chocolate and Orange B&B Pudding 497kcal.

Friday	Saturday	Sunday
French Onion Soup Gruyere Croutons		
Served With Freshly Baked Bread		
Toulouse Sausage & Lentil Ragout		
Legumes a Barigoule		
Tartiflette, Dressed green salad, Charcuterie	Brunch	Brunch
Braised Shallots		
Sautéed savoy cabbage		
Parmentier Potatoes		
DESSERT OF THE DAY		
Apple tarte tatin Crème Chantilly		

Enjoy our freshly prepared salads every day!