

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
Parsnip and Spinach Soup 217kcal	BBQ in Millenium Garden (Weather Dependant)	Courgette, Potato & Cheddar Soup 131kcal	Red Pepper, Squash and Harissa Soup 205kcal
Served With Freshly Baked Bread	Cheese and Bacon Burger	Served With Freshly Baked Bread	Served With Freshly Baked Bread
South African Chutney Chicken 450kcal (Halal)	Teriyaki Pork skewers	Beef Silverside Served with Yorkshire Pudding 334kcal	Bratwurst in a Pretzel Roll with Sauerkraut and Jalapeños 803kcal
Spring Vegetable Frittata 310kcal (Vegetarian)	Vegan Fillet Burger	Cheese and Potato pie 555kcal (Vegetarian)	Salmon and Herb fishcakes with Lemon 408kcal
Jasmine Rice 181kcal	Rainbow Slaw	Buffalo scampi, spring slaw, ranch dressing 575kcal	Vegetarian Acarajé 475kcal (Vegetarian) With sweet potato fries and corn salsa
Charred Carrots 90kcal	Feta, Watermelon and Mint Salad	Buttered Leeks with Pangritata 127kcal	Sweet Potato Mash 249kcal
Side Salad 140kcal	Apple and Beetroot Salad	Runner Beans with Pesto, Roasted Cherry Tomatoes and Lemon Ricotta 216kcal	Skinny Fries 312kcal
Roasted New Potatoes 103kcal.	Cinnamon Flapjack	Crushed New Potatoes 129kcal	Tzimmes 309kcal
<b>DESSERT OF THE DAY</b>	Lemon Cheesecake	<b>DESSERT OF THE DAY</b>	<b>DESSERT OF THE DAY</b>
Crème Brulée 523kcal		Maple & Apple Pavlova 602kcal (egg, milk)	Steamed Chocolate Sponge, Chocolate Sauce 566kcal

Friday	Saturday	Sunday
Spinach and Chickpea Soup 119kcal		Broccoli Soup 104Kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Goan Pulled Pork with Naan and Riata 539kcal		Honey Roast Gammon 334kcal
Battered Catch of the Day 345kcal		Lentil Loaf 388kcal (Vegan)
Loaded cauliflower pakoras, chilli raita, cucumber, carrot and coriander salsa and smashed poppadums 608kcal.	Brunch	Roast Potatoes 391kcal
Double Cooked Hand Cut Chips 381kcal		Savoy Cabbage 52kcal
Mushy Peas 173kcal		Roasted Carrots 82kcal
Cumin Roasted Carrots 90kcal		New Potatoes 129kcal
<b>DESSERT OF THE DAY</b>		<b>DESSERT OF THE DAY</b>
Black Forest Tart 382kcal		Apple and Cinnamon Crumble 355Kcal

Enjoy our freshly prepared salads every day!