

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
Sweet Potato Soup 91kcal	Tom 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	Mustard Topped Chicken Supreme 367kcal (Halal)	Lemon and Herb Spiced Chicken Butterfly 432kcal
Smoked Haddock and Spring Onion Fishcakes 456kcal	Mixed Vegetable Pad Thai	Lentil Loaf 493kcal	Breaded Plaice 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	Spiced Rice 130kcal
Steamed Rice 103kcal	Sticky Rice	Broad Beans 82kcal	Rocket Salad 101kcal
Roasted Carrot and Chickpeas 146kcal	Stir Fried Greens	Honey Roast Carrots 146kcal	Tabbouleh 136kcal
<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	Banana Sponge 414kcal	Crème Catalan 267kcal	Chocolate and Orange Topped Belgian Waffle 497kcal.

Friday	Saturday	Sunday
Tomato Soup 123kcal.		Carrot and Coriander Soup 138kcal
Served With Freshly Baked Bread		Served With Freshly Baked Bread
Freshly Battered Haddock 326kcal		Roasted Pork Loin 467kcal
Spiced Falafel Burger with Crunchy Chickpea Salad 476 (Vegan)		Butternut Squash Stuffed with Lentils 660kcal (Vegetarian)
Korean Style Bulgogi Beef, Fragrant Rice, Toasted Seeds, Cucumber 794kcal	Brunch	Braised Red Cabbage 156kcal
Garlic Roasted New Potatoes 139kcal.		Roast Potatoes 391kcal
Double Cooked Hand Cut Chips 381kcal		Cauliflower 50kcal
Mushy Peas 173kcal		
<b>DESSERT OF THE DAY</b>		<b>DESSERT OF THE DAY</b>
Sticky Toffee Pudding with Toffee Sauce 540kcal		Peach and Rhubarb Crumble With Cream 440kcal

Enjoy our  
freshly  
prepared  
salads  
every day!