

WEEKLY MENU

Lunch

Monday	Tuesday	Wednesday	Thursday
Celeriac and Herb Soup 304kcal	Greek Lentil Soup 233kcal	Tomato and Red Pepper Soup 99kcal	Miso Cabbage Soup 189kcal
Served with freshly baked bread	Served with freshly baked bread	Served with freshly baked bread	Served with freshly baked bread
Steak and Wild Mushroom Stroganoff 471kcal	Beef Stifado (HALAL) 778kcal	Roasted Loin of Pork 242kcal	Jerk Chicken 466kcal (Halal)
Indian Buffet Bowl, Yellow Rice, Onion Bhaji, Vegetable Samosa, Potato Pakora, Curry Sauce (Vegan) 837kcal	Toasted Greek Flatbread, Tzatziki, Feta Fries, Lamb Koftas, Greek Style Salad 842kcal	Turkey, Cranberry and Stuffing Bap with Rosemary and thyme Salted Roasties, Sweet Red Cabbage & Gravy 967kcal (Halal)	Loaded Vegan Hot Dog with Pickles, Onion, Smokey Slaw and Charred Corn (Vegan) 609kcal
Breaded Plaice 302kcal	Vegetable Moussaka (Vegetarian) 347kcal	Celeriac and Tofu Dauphinoise 477kcal (Vegetarian)	Jamaican Jerk Tofu Skewers 674kcal (Vegetarian)
Steamed Rice 129kcal	Greek Lemon Potatoes 328kcal	Roast Potatoes 391kcal	Mustard Mash Potatoes 324kcal
Mustard Roasted New Potatoes 225kcal	Roasted Mixed Vegetables with Feta and Olives 190kcal	Braised Red Cabbage 135kcal	Carrot & Walnut Salad 307kcal
Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Banoffee Pie 518kcal	Crème Caramel 267kcal	Plum and Apple Cobbler 454kcal	Lemon and Elderflower Drizzle Cake 715kcal

Friday	Saturday
Honeyed Carrot Soup 115kcal	Honey Roasted Parsnip Soup 179kcal
Served with freshly baked bread	Served with freshly baked bread
Freshly Battered Haddock 326kcal	Chicken Supreme 284kcal
Battered Sausage, Chunky Chips, Minted Mushy Peas, Pickled Onions, Curry Sauce 908kcal	Brunch
Vegetarian Sausage, Winter Herb and Butterbean Quiche 590kcal (Vegetarian)	Nut Roast 607kcal (Vegan)
Triple Cooked Chips 381kcal	Carrots 82kcal
Chip Shop Style Minted Mushy Peas 173kcal	Broccoli 62kcal
Dessert of the day	Roast Potatoes 391kcal
Lemon and Basil Posset 443kcal	Dessert of the day
	Chocolate and Orange Bread and Butter Pudding 586kcal

Enjoy our freshly prepared salads every day!