

WEEKLY MENU

Dinner

Monday	Tuesday	Wednesday	Thursday
Beetroot, Cumin and Coriander Soup 332kcal	Courgette and Dill Soup 131kcal	Butternut Squash and Feta Soup 454kcal	Curried Sweetcorn Soup 193kcal
Served with freshly baked bread	Served with freshly baked bread	Served with freshly baked bread	Served with freshly baked bread
Braised Beef, Tomato & Winter Green Cannelloni 564kcal	Smoked Haddock Kedgerree	Chinese BBQ Pork ribs 304kcal	Katsu Chicken 382kcal
Penne Alla Norma 517kcal (Vegetarian)	Chipotle, Sweet Potato and Black Bean Stew with Parmesan Dumplings 547kcal	Spinach, Chickpea and Tofu Curry 458kcal (Vegan)	Katsu Aubergine 341kcal (Vegan)
Tuscan Roasted Potatoes 339kcal	Roasted Zucchini and Butternut Squash 187kcal	Jasmine Rice 195kcal	Masala Potatoes 156kcal
Mediterranean Roasted Vegetables 147kcal	Roasted Aubergine with Yoghurt and Harissa 361kcal	Mashed Sweet Potato 349kcal	Curried Cauliflower 98kcal
Farro with Wild Mushrooms and Parmesan 368kcal	Apricot Cous Cous 224kcal	Sesame Slaw 262kcal	Poppadums and Dips 250kcal
Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Chocolate and Orange Topped Belgian Waffle 497kcal	Steamed Syrup Sponge 418kcal	Blueberry Cake with Cream Cheese Frosting 469kcal	Ginger, Apple and Pecan Crumble 682kcal

Friday	Saturday	Sunday
Lentil and Cardamom Soup 363kcal		
Served with freshly baked bread		
Pan Seared Chicken Fillet in a Tomato, Pesto and Cream Sauce 362kcal		
Courgette, Basil and Almond Fricassee 347kcal	Closed	Closed
Spaghetti 158kcal		
Cheese & Jalapeño Garlic Bread 415kcal		
Broad Beans and Peas with Goats Cheese and Mint 380kcal		
Dessert of the day		
Burnt Butterscotch Rice Pudding 767kcal		

Enjoy
our
freshly
prepared
salads
every
day!