

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
Cucumber Soup 107kcal	Courgette, Potato & Cheddar Soup 131kcal	Chunky Mediterranean Tomato Soup 212kcal	Rustic Vegetable Soup 258kcal
Served with freshly baked bread	Served with freshly baked bread	Served with freshly baked bread	Served with freshly baked bread
Persian Lamb Tagine 667kcal (Halal)	Chicken Milanese Risotto 537kcal	Beef Silverside Served With Yorkshire Pudding 334kcal	Lamb Moussaka 590kcal(Halal)
Peri Peri Butterfly Chicken, Rosemary Salted Fries, Seeded Slaw, Buffalo Sauce 689kcal	Thai Green Udon Noodles, Vegan Chicken Pieces, Coriander, Mangetout, Sugar Snap Peas, Chillies 704kcal (Vegetarian)	Masala Chicken Leg, Mustard Roasted New Potatoes, Garlic and Tahini Dressed Spinach 655kcal	Chicken Tinga Tacos, Pico de Gallo, Guacamole, Sour Cream, Coriander, Corn and Coriander Cous Cous 719kcal
Roasted Vegetable and Butterbean Tagine 462kcal (Vegan)	Vegan Sausage Jambalaya 452kcal (Vegan)	Cheese and Potato pie 555kcal( Vegetarian)	Root Vegetable Rosti with Ratatouille 304kcal (Vegetarian)
Pomegranate Cous Cous 300kcal	Roasted Savoy Cabbage 104kcal	Mustard Roasted New Potatoes 225kcal	Fasolakia Lathera 273kcal
Roasted Eggplant with Mint and Feta 147kcal	Sauteed Garlic wild Mushrooms 102kcal	Braised Butterbeans and Leeks 150kcal	Horta Vrasta 147kcal
Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Toffee Apple Bread and Butter Pudding 831kcal	Mango Curd and Passionfruit Tart 471kcal	Dorset Apple Cake 477kcal	Chocolate Gateaux 519kcal
Friday	Saturday	Sunday	
Pea and Mint Soup 108kcal		Butternut Squash Soup 188kcal	
Served with freshly baked bread		Served with freshly baked bread	
Sausage and Caramelized Red Onion Plait 662kcal		Roast Topside of Beef 304kcal	
Curried Onion Bhaji, Yellow Rice, Mango Chutney, Cucumber, Carrot and Coriander Salsa, Smashed Poppadum's and Chilli Raita 784kcal (Vegetarian)	Brunch	Celeriac Steak 287kcal (Vegan)	
Freshly Battered Haddock 326kcal		Roast Potatoes 391kcal	
Double Cooked Hand Cut Chips 381kcal		Marmalade Roasted Courgette 242kcal	
Cumin Roasted Carrots 90kcal		Mangetout 77kcal	
Dessert of the day	Dessert of the day	Dessert of the day	
American Pancakes with Blueberry Compote and Crème Fraiche 408kcal		Steamed Chocolate Chip Sponge 528kcal	

Enjoy  
our  
freshly  
prepared  
salads  
every  
day!