

# 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)
Five Bean Chilli, Steamed Rice, Tortilla Chips, Vegan Sour Cream and Jalapeños	Greek "Chicken" Gyros with Tabbouleh, Greek Style Salad and Vegan Riata	Pulled BBQ "Chicken" Bap, loaded with Stuffing and Apple Sauce, Rosemary and Thyme Roasties, Red Cabbage	Jerk Jackfruit Flatbread with Rice n Peas, Spiced Vegetables, Smokey Slaw and Jerk Sauce
Lemon and Thyme Roasted Baby Carrots 63kcal	Vegetable Ragu (Vegetarian) 347kcal	Celeriac and Tofu Gratin 477kcal (Vegetarian)	Jamaican Jerk Tofu 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	Jamaican Spiced Vegetables 147kcal
Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Crème Caramel 267kcal	Banoffee Pie 518kcal	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
Loaded Vegan Hot Dog with Pickles, Onion, Smokey Slaw and Charred Corn	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!