

# 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	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
Vegetarian Sausage, Winter Herb and Butterbean Quiche 590kcal (Vegetarian) Triple Cooked Chips 381kcal	Brunch Nut Roast 607kcal (Vegan) Carrots 82kcal Broccoli 62kcal
Chip Shop Style Minted Mushy Peas 173kcal	Roast Potatoes 391kcal
Dessert of the day	Dessert of the day
Lemon and Basil Posset 443kcal	Chocolate and Orange Bread and Butter Pudding 586kcal

Enjoy  
our  
freshly  
prepared  
salads  
every  
day!