

WEEKLY MENU

Lunch

| Monday | Tuesday | Wednesday | Thursday |
|--|---|---|--|
| Courgette and basil Soup 107kcal | Mushroom 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 Beef 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 | Pancakes 471kcal | Dorset Apple Cake 477kcal | Apple pie 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!

