

WEEKLY MENU

Dinner

Monday	Tuesday	Wednesday	Thursday	Friday
Curried celeriac soup 110kcal	Soup of the day	Sweetcorn and red pepper Soup 160kcal	Carrot and coriander Soup 185kcal	Soup of the day
Butter chicken 522kcal	Chorizo and sundried tomato mac and cheese 450kcal	Braised beef with olive and sundried tomato 420kcal (Halal)	Ham hock "cottage pie" mustard mash 600kcal	Piri Piri chicken 600kcal
Chickpea dahl (Vegan) 300kcal	Pea and lemon pasta 300kcal (Vegan) with optional feta	White bean cassoulet, salsa verde 300kcal (Vegan)	Mushroom and lentil ragu 406kcal (Vegan)	Piri piri tofu 406kcal (Vegan)
Rice 200kcal	Red cabbage and fennel slaw 140kcal	Tenderstem broccoli with chilli and poppy seed 140kcal	Sweet potato gratin 171kcal	Fries 158kcal
Naan bread 224kcal	Potatas bravas 450kcal	Red wine mushrooms 80kcal	Savoy Cabbage 104kcal	Slaw 200kcal
Tomato and red onion salad	Green beans and mange tout with hazelnuts and orange zest 30kcal	Truffle parmesan polenta 300kcal	Roasted courgettes with parmesan 376kcal	New potatoes with lemon and mint 214kcal
Rabbdi rice pudding 500kcal	Chocolate Brownie 418kcal	Ginger and blackberry cheesecake 400kcal	Chocolate and hazelnut biscuit cake 549kcal	Muffins 350kcal

Enjoy
our
freshly
prepared
salads
every
day!