

# WEEKLY MENU

## Dinner

Monday	Tuesday	Wednesday	Thursday
Beetroot, Cumin and Coriander Soup 332kcal	Soup of the day	Butternut Squash and Feta Soup 454kcal	Miso Soup
Served with freshly baked bread	Served with freshly baked bread	Served with freshly baked bread	Japanese vegetable curry
Braised Beef, Tomato & Winter Green Cannelloni 564kcal	Smoked Haddock Kedgerree	Chinese BBQ Pork ribs 304kcal	Teriyaki pork
Penne Alla Norma 517kcal (Vegetarian)	Chipotle, Sweet Potato and Black Bean Stew with Parmesan Dumplings 547kcal	Spinach, Chickpea and Tofu Curry 458kcal (Vegan)	Tofu Dengaku
Tuscan Roasted Potatoes 339kcal	Roasted Zucchini and Butternut Squash 187kcal	Jasmine Rice 195kcal	Udon noodle
Mediterranean Roasted Vegetables 147kcal	Roasted Aubergine with Yoghurt and Harissa 361kcal	Mashed Sweet Potato 349kcal	Rice
Farro with Wild Mushrooms and Parmesan 368kcal	Apricot Cous Cous 224kcal	Sesame Slaw 262kcal	
Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Chocolate and Orange Topped Belgian Waffle 497kcal	Steamed Syrup Sponge 418kcal	Blueberry Cake with Cream Cheese Frosting 469kcal	Match tea cakes

Friday	Saturday	Sunday
Soup of the day		
Served with freshly baked bread		
Pan Seared Chicken Fillet in a Tomato, Pesto and Cream Sauce 362kcal		
Courgette, Basil and Almond Fricassee 347kcal	Closed	Closed
Spaghetti 158kcal		
Cheese & Jalapeño Garlic Bread 415kcal		
Broad Beans and Peas with Goats Cheese and Mint 380kcal		
Dessert of the day		
Burnt Butterscotch Rice Pudding 767kcal		

Enjoy  
our  
freshly  
prepared  
salads  
every  
day!