

# WEEKLY MENU

## Lunch

Monday	Tuesday	Wednesday	Thursday
Butternut squash soup 99kcal	Celeriac soup 150kcal	Soup of the day	Miso noodle broth 189kcal
Chicken with hazelnuts, saffron and honey 500kcal	Lamb moussaka 300kcal	Roast beef 242kcal	Korean fried chicken 466kcal
Baharat chicken flatbread, pickled apricot salsa 500kcal	Seafood paella 400kcal	Chicken and mushroom gnocchi 500kcal	Pulled sesame beef boa buns 609kcal
Moroccan chickpea stew (Vegan) 300kcal	Asparagus, pea lemon ricotta risotto (Vegetarian) 400kcal	Beetroot and goats cheese fritatta 300kcal (Vegetarian)	Honey sesame tofu 170kcal (Vegetarian)
Zaatar roast carrots 70kcal	Pesto courgettes 100kcal	Roast Potatoes 391kcal	Noodles 150kcal
Couscous 150kcal	New potato with spring onion and dill 190kcal	Fennel gratin 135kcal	Teriyaki aubergine 307kcal
Lemon drizzle 350 kcal	Orange polenta cake 240kcal	Blueberry friands 400kcal	Coconut and lime rice pudding 350kcal

Friday	Saturday
Beetroot coconut and chilli soup 115kcal	Leek and potato 179kcal
Freshly Battered Haddock 326kcal	Roast chicken 284kcal
Calamari rice bowl 800kcal	Brunch
Cauliflower and cumin fritter 300kcal (Vegetarian)	Beetroot latkes 507kcal (Vegetarian)
Triple Cooked Chips 381kcal	Carrots 82kcal
Chip Shop Style Minted Mushy Peas 173kcal	Broccoli 62kcal
Fruit tart 443kcal	Roast Potatoes 391kcal
	Victoria sponge 300kcal

Enjoy  
our  
freshly  
prepared  
salads  
every  
day!