

WEEKLY MENU

Dinner



Monday	Tuesday	Wednesday	Thursday
Tomato and basil soup 110kcal	Tomato and Chilli	Sweet potato	Carrot and cumin soup 185kcal
Sausage ragu 400kcal	Beef burrito 450kcal	Smoked haddock and Jerusalem artichoke gratin 420kcal	Shepards pie 600kcal
Mushroom and spinach pasta with truffle and parmesan (Vegetarian) 400kcal	Black bean and butternut squash enchiladas 300kcal (Vegan)	Watercress risotto with toasted hazelnuts and optional goats cheese 300kcal (Vegetarian/vegan)	Lentil cottage pie 500kcal (Vegan)
Garlic focaccia 240kcal	Sweet potato wedges 140kcal	Lemon roasted cauliflower, capers, dill and cherry tomato 160kcal	Potato wedges 171kcal
Pomegranate, feta and kale quinoa 224kcal	Corn on the cob 120kcal	Rocket, pinenuts, truffle and parmesan 120kcal	Festival bread 170kcal
Green beans with sundried tomato	Mixed peppers 130kcal	Celeriac and potato puree 300kcal	Minted peas 176kcal
Suet apple pudding 350kcal	Tres leches cake 418kcal	Hazelnut chocolate brownie 600kcal	Lemon and poppy seed muffins 349kcal

Enjoy
our
freshly
prepared
salads
every
day!