

THE
KITCHEN

Weekly Menu W/C 18th October 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal £4.75	<u>SMOKED</u> Smoked Turkish chicken Thighs served with Smoked Garlic Flatbread , Bulghur wheat Salad and Herbed Yoghurt	Traditional Minced Beef and Potato Cobbler served with Garden Peas	<u>NOODLE BAR</u> Hot and Tangy Minced Pork With Garlic and Soy served with Egg Noodles and Prawn Crackers	<u>SOULED OUT</u> Caribbean Jerk Chicken served with Rice and Peas , Slaw and Jerk Gravy	Battered Pollock served with Chips ,Tartare Sauce and Lemon wedge
Bolt on £0.75					
Bolt on £1.10	Slow Roasted Aubergines and Courgettes		Mini Spring Rolls or Chinese Greens	Chilli and Lime baked Butternut Squash	
Bolt on £1.50					
Vegetarian Meal £4.75	Smoked Jack Fruit with Coconut Milk, Chilli and Smoked Garlic Flatbread	Spinach , Roasted Red Onion and Pepper Tart served with Garden Salad	Spicy Stir Fried Mushrooms served with Egg Noodles and Prawn Crackers	Jamaican Vegetable Patties Served with Rice and Peas and Slaw	Penne Pasta served with a Creamy Mushroom and Spinach Sauce and Garlic Slice
Potatoes £1.15	Chips	Baby Roast Potatoes Chips	Chips	Chips	Chips
Vegetable £1.05		Baked Herby Carrots		Buttered Sweetcorn	Garden Peas
Grab & Go £3.80		Vegetable Samosas served with Rice and Curry Sauce		Scotch Pie and Baked Beans	
Hot Snack £2.45	Sausage Roll		Cornish Pasty		Peppered Steak Slice
Hot Sweet		Fruit Crumble		Apple Slice	