

Weekly Menu W/C 20th June 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek and Potato (117kcal)	Red Pepper and Tomato (116kcal)	Cream of Mushroom (146kcal)	Broccoli and Stilton (251kcal)	Cream of Tomato (52kcal)
Main Meal £5.00	Braised Chilli con Carne (294kcal) Steamed Rice (260kcal) Guacamole (63kcal) Sour Cream (61kcal)	Mexican Chicken Stew with Beans (497kcal) Herb Quinoa (288kcal)	Pasta Classic Macaroni Cheese (555kcal) Beef Ragu (123kcal) Toasted Pumpkin Seeds (89kcal) Toasted Sunflower Seeds (89kcal) Crispy Onions (93kcal) Chilli Flakes (17kcal)	Curry Bar Butter Chicken (316kcal) Steamed Rice (260kcal) Mini Poppadum (58kcal) Mango Chutney (40kcal)	Chip Shop Friday MSC Battered Pollock Fillet (268kcal) Chips (225kcal) Mushy Peas (71kcal) Tartare Sauce (85kcal)
Bolt on £1.50	Nacho Pot (488kcal)	Chargrilled Flatbread (64kcal)	½ Garlic Ciabatta (174kcal)	Mini Naan Bread (109kcal) Vegetable and Spinach Pakora x 2 (121kcal)	Pickled Egg (66kcal) Pickled Onion (12kcal) Curry Sauce (82kcal)
Vegetarian Meal £4.75	Aubergine Veggie Chilli (394kcal) Steamed Rice (260kcal) Guacamole (63kcal) Sour Cream (61kcal)	Squash and Halloumi with Sweet Chilli Beetroot Jam (367kcal) Toasted Khobez Flatbread (64kcal)	Spinach and Ricotta Tortellini (338kcal) Creamy Cheese Sauce (359kcal) Toasted Pumpkin Seeds (89kcal) Crispy Sage Leaves (14kcal)	Spiced 'Vedgerie' (485kcal) Mini Poppadum (58kcal) Mango Chutney (40kcal)	Creamy Broccoli Gnocchi (577kcal)
Potatoes £1.15	Sweet Potato Wedges with Lime and Coriander (184kcal)	Piri Piri Dusted Fries (314kcal)	Herby New Potatoes (168kcal)	Bombay Potatoes (141kcal)	Chips (225kcal)
Vegetable £1.05	Cajun Corn (124kcal)	Fire Roasted Peppers (125kcal)	Roasted Courgettes with Mint and Lemon (69kcal)	Masala Roasted Aubergine (125kcal)	Garden Peas (74kcal) Mushy Peas (71kcal)
Hot Hand Held £2.45	Pork Sausage Roll (572kcal) Vegan Sausage Roll (275kcal)	Meatball and Mozzarella Cheese Sub (659kcal)	Creamy Chicken Slice (405kcal) Steak Slice (395kcal)	BBQ Cheese Burger with Tomato and Red Onion (665kcal)	Pukka Pie
Available Everyday	Chips (270 kcal) Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)
Hot Sweet £2.00	Butterscotch Sponge (606kcal) Pouring Cream (337kcal)	Apple Crumble (519kcal) Custard (82kcal)	Coconut Rice Pudding (223kcal) Pineapple, Mango and Mint Salsa (50kcal)	Banoffee Crumble (681kcal) Toffee Sauce (488kcal)	Chocolate Chip Bread and Butter Pudding (463kcal) Custard (82kcal)