

THE KITCHEN

	Monday - 15 th	Tuesday - 16 st	Wednesday - 17 th	Thursday - 18 th	Friday - 19 th
Soup - £1.90 Soup Bread - £0.85	Cream of Mushroom (146kcal) Homemade Focaccia (308kcal)	Sweetcorn Chowder (214kcal) Homemade Focaccia (308kcal)	Pesto and Potato (214kcal) Homemade Focaccia (308kcal)	Tomato and Paprika Homemade Focaccia (308kcal)	Roast Red Pepper and Spinach Homemade Focaccia (308kcal)
Main Meal £5.75	Traditional Spaghetti Bolognese (562kcal) Grated Cheddar (83kcal)	Beef Burger, Sesame Bap, Mature Cheddar Cheese, BBQ Sauce, Shredded Iceberg (589kcal) Garlic Fries (265kcal)	Salt and Pepper Chicken Stir Fry (674kcal) Prawn Crackers (104kcal)	Chicken Korma (582kcal) Steamed Basmati Rice (139kcal) Raita (124kcal)	Beer Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on £1.80 each	Garlic Flatbread (143kcal)	Onion Rings x 6 (344kcal)	Vegetable Gyoza x 4 (210kcal) £2.00	Poppadum x 1 £0.80 (48kcal) Naan Bread x 1 £1.80 (420kcal) Large Samosa x 1 £1.80 (231kcal)	Curry Sauce (82kcal) - £0.80p
Vegetarian Meal £5.50	Traditional Quorn Mince Spaghetti Bolognese (421kcal) Grated Cheddar (83kcal)	Vegetarian Style Chicken Burger, Sesame Bap, Mature Cheddar Cheese, BBQ Sauce, Shredded Iceberg (512kcal) Garlic Fries (265kcal)	Salt and Pepper Tofu Stir Fry (589kcal) Prawn Crackers (optional) (104kcal)	Vegetable Korma (471kcal) Steamed Basmati Rice (139kcal) Raita (124kcal)	Beer Battered Pickled Aubergine Fillet Chips (225kcal) Tartare Sauce (85kcal)
Potatoes - £1.45	Potato Croquettes (215kcal)	Roasted Sweet Potato Wedges (189kcal)	Chips (270 kcal)	Skinny Fries (260kcal)	Potato Scallop (187kcal)
Vegetable - £1.30	Cajun Corn (115kcal)	Steamed Broccoli (104kcal)	Roasted Peppers (45kcal)	Masala Cauliflower (87kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held	Spring Roll, Sweet Chilli Salad (329kcal) £4.00	Breaded Scampi (279kcal), Shredded Iceberg (26kcal) Tartare Sauce (85kcal) £4.00	Large Samosa with Chickpea Masala Salad (389kcal) £4.00	Popcorn Chicken (289kcal), Franks Hot Sauce (29kcal) £4.00	Jumbo Battered Sausage £2.85 Classic Chip Shop Fish Cakes x 2 £1.50
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 £2.60	Belgium Waffles with Chocolate Sauce and Marshmallows (421kcal)	Steamed Syrup Sponge (496kcal) Vanilla Custard (80kcal)	Bread and Butter Pudding (361kcal) Pouring Cream (158kcal)	Chocolate and Orange Sponge (378kcal) Chocolate Custard (95kcal)	Pear and Chocolate Crumble (241kcal) Pouring Cream (158kcal)
Cold Sweet	Chocolate Tart (288kcal), Fruit Compote (35kcal) £3.00	Lemon Meringue Pie (263kcal) £2.50	Basque Cheesecake (308kcal), Cream (158kcal) £2.50	Salted Caramel Millefeuille £3.00	Vegan Mango Cheesecake, Fruit Compote £3.00