

# THE KITCHEN

	Monday - 2 <sup>nd</sup>	Tuesday - 3 <sup>rd</sup>	Wednesday - 4 <sup>th</sup>	Thursday - 5 <sup>th</sup>	Friday - 6 <sup>th</sup>
<b>Soup - £1.90</b> <b>Soup Bread - £0.85</b>	Chunky Vegetable and Pearl Barley (287kcal) Homemade Focaccia (308kcal)	Red Lentil and Chick Pea (227kcal) Homemade Focaccia (308kcal)	Classic Minestrone (305kcal) Homemade Focaccia (308kcal)	Green Spinach, Potato and Chorizo (350kcal) Homemade Focaccia (308kcal)	Spiced Roasted Parsnip (279kcal) Homemade Focaccia (308kcal)
<b>Main Meal £5.75</b>	Pan Fried lemon And Herb Chicken (161kcal) Potato Salad (3987kcal)	5oz Pork Loin Steak Summer Allotment Salad with Baby Potatoes, Peaches, Radish, Courgettes, Cucumber, Peas, English Mustard Dressing (724kcal)	Chicken Madras (457kcal) Basmati Rice (139kcal) Mango Chutney (38kcal)	Greek Pork Souvlaki, Flatbread, Garlic Hummus, Rocket with Crumbled Feta, Tzatziki (789kcal)	Beer Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
<b>Bolt on £2.00 each</b>	Garlic, Olive Oil and Herb Flatbread (351kcal) £2.00	Cheese and Chive Twist (293kcal) £2.00	Poppadum x 1 £0.80 (48kcal) Naan Bread x 1 £1.80 (420kcal) Large Samosa x 1 £1.80 (231kcal)	Onion Rings x 6 - £2.00 (344kcal) Breaded Mozzarella Sticks, Tomato Salsa x 4 -£2.85 (425kcal)	Curry Sauce (82kcal) - £0.80p
<b>Vegetarian Meal £5.50</b>	Pan Fried Lemon And Herb Halloumi (316kcal) served with Potato Salad (3987kcal)	Honey and Rosemary Goats Cheese, Orange Roasted Carrots, Summer Allotment Salad with Baby Potatoes, Peaches, Radish, Courgettes, Cucumber, Peas, English Mustard Dressing (821kcal)	Vegetable Madras (349kcal) Basmati Rice (139kcal) Mango Chutney (38kcal)	Greek Aubergine, Flatbread, Garlic Hummus, Rocket with Crumbled Feta, Tzatziki (597kcal)	Battered Halloumi (380kcal) Chips (225kcal) Tartare Sauce (85kcal)
<b>Potatoes - £1.45</b>	Chips (270kcal)	Roast Sweet Potato Wedges (189kcal)	Sag Aloo (237kcal)	Skinny Fries (264kcal)	Chips (270kcal)
<b>Vegetable - £1.30</b>	Chunky Roasted Med Vegetables (176kcal)	Roasted Aubergine with Feta Cheese and Red Onion (243kcal)	Turmeric and Garlic Roasted Aubergine Wedges (189kcal)	Lemon and Oregano Courgettes with Feta Cheese	Garden Peas (77kcal) Mushy Peas (71kcal)
<b>Hot Hand Held</b>	Buffalo Chicken Wings, Ranch Dressing, Crispy Onions, Spring Onion and Coriander (685kcal) £4.00	Southern Fried Chicken, Bacon and Maple Syrup Pancake Stack (647kcal) £4.00	Spinach and Falafel Burger, Lemon Hummus, Baby Gem Lettuce, Pickled Red Onion (478kcal) £4.00	Smoked Haddock, Leek and Cheddar Fishcake x 1 (258kcal) Baby Spinach, Pea and Cherry Tomato Salad, French Dressing (143kcal) £4.00	Jumbo Battered Sausage £2.85 (513kcal) Classic Chip Shop Fish Cakes x 2 £1.50 (350kcal)
<b>Available Everyday</b>	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)
<b>Hot Sweet £2.60</b>	Apple and Strawberry Crumble (269kcal) Vanilla Custard (80kcal)	Mini Doughnuts with Chocolate Sauce (538kcal)	Carmalised Pineapple Crumble (234kcal) Cream (158kcal)	Lemon Curd Bread and Butter Pudding (547kcal) Vanilla Custard (80kcal)	Belgium Waffles (398kcal) with Banana (52kcal) and Chocolate Sauce (58kcal)
<b>Cold Sweet - Wimbledon</b>	Chocolate Tart (288kcal), Fruit Compote (35kcal) £3.00	Lemon Meringue Pie (263kcal) £2.50	Passion Fruit Cheesecake (316kcal) Cream (158kcal) £3.00	Basque Cheesecake (308kcal) Cream (158kcal) £2.50	Vegan Mango Cheesecake (308kcal) Fruit Compote (35kcal) £3.00