

# THE KITCHEN

	Monday - 14 <sup>th</sup>	Tuesday - 15 <sup>th</sup>	Wednesday - 16 <sup>th</sup> World Food Day	Thursday - 17 <sup>th</sup>	Friday - 18 <sup>th</sup>
<b>Soup - £1.90</b> <b>Soup Bread - £0.85</b>	Tomato and Basil Soup (21kcal) Homemade Focaccia (308kcal)	Broccoli and Stilton Soup (340kcal) Homemade Focaccia (308kcal)	Cream of Celeriac (198kcal) Homemade Focaccia (308kcal)	Mexican Tomato and Black Bean (220kcal) Homemade Focaccia (308kcal)	Curried Kale and Chickpea (336kcal) Homemade Focaccia (308kcal)
<b>Main Meal £5.75</b>	Korean Pork Strips (483kcal) Egg Noodles (358kcal) Kimchi (33kcal) Korean BBQ Sauce (61kcal)	Cajun Chicken Pasta (555kcal) Dressed Salad (55kcal)	Sausage, Kale and Fennel Seed Gnocchi Bake - 586kcal Dressed Rocket (55kcal)	<u>Katsu Chicken Curry</u> Breaded Chicken Breast (436kcal) Java Curry Sauce (58kcal) Stir Fried Vegetables (69kcal) Steamed Rice (139kcal)	Beer Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
<b>Bolt on</b>	Dim Sum Selection x 4 (215kcal) £2.00 Prawn Crackers (104kcal) - £1.00	Cheddar and Jalapeno Loaf Wedge (130kcal) - £1.00 Breaded Mozzarella Sticks, Tomato Salsa x 4 (437kcal) - £2.50	Garlic, Olive Oil and Herb Flatbread (351kcal) £2.00	Vegetable Gyoza x 4 (210kcal) £2.00 Prawn Crackers (104kcal) - £1.00	Gravy (79kcal) - £0.80
<b>Vegetarian Meal £5.50</b>	Korean Aubergine Strips (283kcal) Egg Noodles (358kcal) Kimchi (33kcal) Korean BBQ Sauce (61kcal)	Porcini Mushroom Ravioli (293kcal) Mushroom Velouté (310kcal) Dressed Salad (55kcal)	Potato Gnocchi Tomato and Mozzarella Bake (585kcal) Dressed Rocket (55kcal)	<u>Katsu Tofu Curry</u> Crispy Tofu (320kcal) Java Curry Sauce (58kcal) Stir Fried Vegetables (69kcal) Steamed Rice (139kcal)	Moving Mountain Plant Based 'Fish Finger' Bap, Shredded Iceberg, Tartar Sauce (541kcal) Chips (270kcal)
<b>Potatoes - £1.45</b>	Sesame Seed Steamed New Potatoes (155kcal)	Skinny Fries (264kcal) - £1.65	Roast Sweet Potato Wedges (189kcal)	Seasoned Potato Wedges (175kcal)	Chips (270 kcal) - £1.65
<b>Vegetable - £1.30</b>	Stir Fried Chinese Leaf with Ginger and Chili (122kcal)	Sauteed Savoy Cabbage with Lemon and Garlic (157kcal)	Steamed Broccoli (38kcal)	Soy and Chilli Green Beans (54kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
<b>Hot Hand Held £4.00</b>	Turkey, Cranberry and Stuffing Roll (463kcal) Sage and Onion Chips (281kcal)	Chicken and Avocado Bagel Burger (521kcal)	2 Mac and Cheese Croquettes (326kcal) Wet Polenta (110kcal) Sweetcorn and Tomato Salsa (58kcal)	Beef Mole Burrito (455kcal)	Jumbo Battered Sausage (463kcal) - £2.85 Classic Chip Shop Fish Cakes x 2 (239kcal) £1.50
<b>Available Everyday</b>	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270 kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)
<b>Hot Sweet £2.60</b>	Steamed Plum Sponge (352kcal) Vanilla Custard (80kcal)	Rhubarb and Apple Crumble (289kcal) Vanilla Custard (80kcal)	White Chocolate Rice Pudding (364kcal) Lemon Curd (150kcal)	Steamed Sponge with White Icing and Sprinkles (281kcal) Vanilla Custard (80kcal)	Cherry Crumble (345kcal) Vanilla Custard (80kcal)