

TH KITCHEN

	Monday - 7 th	Tuesday - 8 th	Wednesday - 9 ^h	Thursday - 10 th World Porridge Day	Friday - 11 th
Soup - £1.90 Soup Bread - £0.85	Cream of Celery Soup (163kcal) Homemade Focaccia (308kcal)	Sweet Potato and Lentil Dahl Soup (287kcal) Homemade Focaccia (308kcal)	Roasted Red Pepper (306kcal) Homemade Focaccia (308kcal)	Hot and Sour Coconut Soup (356kcal) Homemade Focaccia (308kcal)	Mexican Green Pepper, Green Chilli and Coriander (245kcal) Homemade Focaccia (308kcal)
Main Meal £5.75	Braised Mole Beef Chilli (684kcal) Steamed Rice (139kcal) Tortilla Chips (185kcal) Tomatillo Salsa (27kcal)	Creamy Chicken and Bacon Wholewheat Pasta Bake (857kcal)	Chinese Braised Pork with Star Anise and Plums (530kcal) Egg Noodles (358kcal)	Tandoori Chicken Leg (396kcal) Biryani Rice (199kcal) Raita (124kcal)	Beer Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on £1.80 each	Jalapeno and Cheddar Cornbread (140kcal)	Garlic Flatbread (143kcal)	Large Spring Roll (240kcal) - £2.00 Vegetable Gyoza x 4 (210kcal) - £2.00	Naan Bread x 1 £1.80 (420kcal) Large Samosa x 1 £1.80 (231kcal)	Curry Sauce (82kcal) - £0.80p
Vegetarian Meal £5.50	Braised Mole Quorn Chilli(289kcal) Steamed Rice (139kcal) Tortilla Chips (185kcal) Tomatillo Salsa (27kcal)	Roasted Garlic Mushroom and Baby Spinach Gnocchi Bake (669kcal)	Beetroot and Red Onion Tart Tatin (444kcal) Goats Cheese filled Potato 'Long Boat' (289kcal) Dressed Rocket (26kcal)	Masala Paneer Curry (371kcal) Biryani Rice (199kcal) Raita (124kcal)	Beer Battered Pickled Aubergine Fillet Chips (225kcal) Tartare Sauce (85kcal)
Potatoes - £1.45	Fajita Spiced Chips (281kcal) - £1.65	Potato Croquettes (215kcal)	Steamed New Potatoes (145kcal)	Sag Aloo (201kcal)	Chips (270kcal) - £1.65
Vegetable - £1.30	½ Corn on the Cob (86kcal)	Green Beans with Salsa Verde (46kcal)	Stir Fried Chinese Leaf with Ginger and Chili (122kcal)	Masala Cauliflower (211kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held	Jamaican Salt Fish Patty, Cucumber, Red Onion and Pineapple Salsa (412kcal) £4.00	BBQ Pork Rib Steak, Soft Sub Roll, Cheese, BBQ Sauce (641kcal) £4.00	Rendang Bites (2), Asian Noodle Salad with Crushed Peanuts, Sticky Soy, Honey and Chilli Sauce (547kcal) £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) - £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)
Hot Sweet £2.60	Rhubarb Crumble Pouring Cream (158kcal)	Apricot and Cinnamon Sponge Marmalade Custard (106kcal)	Banoffee Crumble Pouring Cream (158kcal)	Steamed Syrup Sponge Vanilla Custard (80kcal)	Jam Roly Poly Vanilla Custard (80kcal)