

THE KITCHEN

	Monday - 18 th	Tuesday -19 th	Wednesday – 20 th	Thursday -21 st	Friday – 22 nd
Soup - £1.90 Soup Bread - £0.85	Cream of Cauliflower and Parsley (176kcal) Homemade Focaccia (308kcal)	Coconut, Cream and Butternut Squash (291kcal) Homemade Focaccia (308kcal)	Leek, Pea and Watercress (154kcal) Homemade Focaccia (308kcal)	Creamy Mushroom Soup (347kcal) Homemade Focaccia (308kcal)	Broccoli and Stilton (340kcal) Homemade Focaccia (308kcal)
Main Meal £5.75	Classic Pork Sausages x 2 (287kcal) Crushed New Potatoes (155kcal) Peas (77kcal) Gravy (28kcal)	Chicken and Vegetable Open Pie (648kcal) Panache of Green Vegetables (61kcal)	Baked Ham (239kcal) Roasted New Potatoes (187kcal) Roast Baby Parsnip (96kcal) Peas (77kcal) Gravy (28kcal)	Chicken Tikka Masala (482kcal) Steamed Basmati Rice (139kcal) Mango Chutney (38kcal)	Beer Battered MSC Battered Pollock Fillet (394kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on - £2.00	Yorkshire Pudding (60kcal) - £0.30 each		Yorkshire Pudding (60kcal) - £0.30 each	Poppadum x 1 £0.80 (48kcal) Naan Bread x 1 £1.80 (420kcal) Large Samosa x 1 £1.80 (231kcal)	Gravy (28kcal) - £0.80p
Vegetarian Meal £5.50	Vegetarian Sausages x 2 (164kcal) Crushed New Potatoes (155kcal) Peas (77kcal) Gravy (28kcal)	Vegetable Open Pie (548kcal) Panache of Green Vegetables (61kcal)	Nutless Roast Slice (302kcal) Roasted New Potatoes (187kcal) Roast Baby Parsnip (96kcal) Peas (77kcal) Gravy (28kcal)	Vegetable Tikka Masala (4222kcal) Steamed Basmati Rice (139kcal) Mango Chutney (38kcal)	Beer Battered Quorn Fillet (197kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - £1.45	Chips (270kcal)	Roast New Potatoes (155kcal) Chips - £1.65 (225kcal)	Roast New Potatoes (155kcal)	Sag Aloo (237kcal)	Chips (270kcal)
Vegetable - £1.30	Cauliflower Cheese (126kcal)	Steamed Broccoli (45kcal)	Green Beans with Lemon and Garlic (143kcal)	Turmeric and Garlic Roasted Aubergine Wedges (189kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held	Breaded Scampi (279kcal), Shredded Iceberg (26kcal) Tartare Sauce (85kcal) £4.00	Homemade Pork and Sage Sausage Roll (571kcal) £4.00	Welsh Rarebit on Sour Dough Toast, Apple and Fennel Slaw (581kcal) £4.00	Giant Yorkshire Pudding Wrap, Roast Gammon, Roast Potatoes, Garden Vegetables, Apple Sauce and Gravy (751kcal) £4.00	Jumbo Battered Sausage £2.85 (513kcal) Saveloy £2.00 (207kcal)
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 £2.20	Homemade Apple Pie (411kcal) Vanilla Custard (80kcal)	Mocha Sponge (451kcal) Coffee Custard (80kcal)	Steamed Syrup Sponge (496kcal) Vanilla Custard (80kcal)	Bread and Butter Pudding (361kcal) Pouring Cream (158kcal)	Lemon Curd Sponge (370kcal) Cream (158kcal)

Menus subject to change due to product availability. Please see today's printed menus on the service counters for exact menus and pricing