

THE KITCHEN

	Monday - 7 th	Tuesday - 8 th	Wednesday - 9 th	Thursday - 10 th	Friday - 11 th
Soup – 2.00 Soup Bread – 0.95	Sweet Potato and Lentil Dahl Soup (287kcal) Homemade Focaccia (308kcal)	Cream of Celery Soup (163kcal) 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 6.00	Breaded Turkey Escalope Burger (386kcal) Apple and Celeriac Slaw (121kcal) Siracha Mayo (88kcal) Smoked Paprika Fries (270kcal)	Individual Ham and Mozzarella Calzone (451kcal) Tomato and Basil Sauce (121kcal)	Korean Pulled Pork (301kcal) Steamed Jasmine Rice (261kcal) Asian Pickled Vegetables (71kcal) Prawn Crackers (67kcal)	Doner Strips (355kcal) Greek Flatbread (256kcal) Chilli Sauce Garlic Mayo Mixed Salad (51kcal)	Beer Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each	Beer Battered Onion Rings x 4 (274kcal)	Beer Battered Onion Rings x 4 (274kcal)	Spicy Vegetable Gyoza x 5 (168kcal) £2.00	Breaded Mozzarella Sticks, Tomato Salsa x 4 (437kcal) 2.50	Curry Sauce (82kcal) - 0.90
Veganuary Vegetarian Meal 5.75	Spicy Bean Burger (485kcal) Pickled Red Cabbage Slaw(71kcal) Sesame Hummus (98kcal) Smoked Paprika Fries (270kcal)	Individual Roasted Med Veg and Mozzarella Calzone (389kcal) Tomato and Basil Sauce (121kcal)	Tortellini Formaggio In Brodo, Borlotti Beans, Mange Tout, Carrots and Red Onion with a Parmesan Stock (421kcal)	Vegan Kofta Kebab x 2 Khobez Flatbread Chilli Sauce, Garlic Mayo, Mixed Salad (687kcal)	Beer Battered Pickled Aubergine Fillet Chips (225kcal) Tartare Sauce (85kcal)
Potatoes - 1.45	Steamed New Potatoes (143kcal)	Herby Diced Potato, Smoked Paprika Tomato Sauce (362kcal)	Roasted Sweet Potatoes (112kcal)	Chips (270kcal)	Chips (270kcal) - 1.75
Vegetable - 1.30	Green Beans and Peas with Dill (87kcal)	Mini Corn on the Cob x 2 (140kcal)	Steamed Broccoli (35kcal)	Roasted Broccoli with Almond and Lemon Dressing (86kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.00	Chicken Meatball Sub with Smoked Tomato Sauce and Grated Cheese (586kcal)	Ham and Cheese filled Potato Skins x 2 Sriracha Sauce (387kcal)	Welsh Rarebit on Sour Dough Toast, Apple and Fennel Slaw (501kcal)	Breakfast Burrito Bacon, Pork Sausage, Hash Brown, Baked Beans in a soft Tortilla Wrap (528kcal)	Jumbo Battered Sausage 2.95 (513kcal) Saveloy 2.00 (207kcal)
Available Everyday	Chips (270 kcal) - 1.75 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) - 1.75 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) - 1.75 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) - 1.75 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) - 1.75 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00
Hot Sweet 2.70	Rhubarb Crumble (345kcal) Pouring Cream (158kcal)	Steamed Ginger Sponge (248kcal) Vanilla Custard (80kcal)	Banoffee Crumble (389kcal) Pouring Cream (158kcal)	Steamed Syrup Sponge (268kcal) Vanilla Custard (80kcal)	Peach and Raspberry Sponge (241kcal) Vanilla Custard (80kcal)