

THE KITCHEN

	Monday - 29 th British Food Fortnight	Tuesday - 30 th British Food Fortnight	Wednesday – 1 st British Food Fortnight	Thursday - 2 nd	Friday – 3 rd
Soup – 2.00 Soup Bread – 0.95	Indian Winter Soup (445kcal) Homemade Focaccia (308kcal)	Moroccan Spice Cauliflower (200kcal) Homemade Focaccia (308kcal)	Leek, Fennel, Potato and Blue Cheese (305kcal) Homemade Focaccia (308kcal)	Creamy Smoked Salmon, Leek and Potato Soup (240kcal) Homemade Focaccia (308kcal)	Cream of Mushroom Soup (217kcal) Homemade Focaccia (308kcal)
Main Meal 6.00	4oz Gammon Steak (412kcal) Chips (270kcal) Garden Peas (77kcal) Pineapple Ring (51kcal)	Traditional Beef Lasagne (625kcal) Garlic Bread Slice (87kcal) Mixed Leaf Salad (15kcal)	Lamb and Mint Sausages (2) Mashed Potatoes (187kcal) Green Beans (75kcal) Red Currant Gravy (101kcal)	Chicken Thigh Stuffed with Sage and Onion (314kcal) Mushroom and Pearl Barley Risotto (401kcal)	Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each	Battered Onion Rings x 6 (266kcal)	Breaded Mozzarella Sticks, Tomato Salsa x 4 (437kcal)	Giant Yorkshire Pudding (298kcal)	Garlic Flatbread (205kcal)	Curry Sauce (82kcal) - 0.90
Vegetarian Meal 5.75	Quorn Fillet (212kcal) Chips (270kcal) Garden Peas (77kcal) Pineapple Ring (51kcal)	Mince Quorn Lasagne (541kcal) Garlic Bread Slice (87kcal) Mixed Leaf Salad (15kcal)	Vegan Sausages (2) Mashed Potatoes (187kcal) Green Beans (75kcal) Red Currant Gravy (101kcal)	Mushroom and Truffle Arancini (2) Mushroom and Pearl Barley Risotto (401kcal)	Battered Quorn Sausage (454kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - 1.45	Steamed New Potatoes (143kcal)	Herby Diced Potato, Smoked Paprika Tomato Sauce (362kcal)	Roasted Sweet Potatoes (112kcal)	Sweet Potato Wedges (189kcal)	Chips (270kcal) - 1.75
Vegetable - 1.30	Green Beans and Peas with Dill (87kcal)	Corn on the Cob x 2 (140kcal)	Steamed Broccoli (35kcal)	Roasted Broccoli with Almond and Lemon Dressing (199kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.00	Chicken Meatball Sub with Smoked Tomato Sauce and Grated Cheese (586kcal)	Chicken, Sweetcorn and Noodle 'Pho' Bowl (287kcal)	Spinach and Vegetable Pakora (2) (180kcal) Chaat Masala Chick Pea, Cucumber and Red Onion Salad (121kcal)	Vegetable Chow Mein (204kcal) Large Spring Roll (254kcal) Curry Sauce (82kcal)	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)	Red Velvet Sponge (296kcal) White Chocolate Custard (160kcal)	Peach and Raspberry Sponge (241kcal) Vanilla Custard (80kcal)