

TH KITCHEN

	Monday - 6 th International Curry Week	Tuesday - 7 th National Taco Day	Wednesday - 8 th	Thursday - 9 th	Friday - 10 th World Porridge Day
Soup – 2.00 Soup Bread – 0.95	Harissa Spiced Butternut Squash and Red Pepper (205kcal) Homemade Focaccia (308kcal)	Spicy Roasted Parsnip and Coconut Soup (284kcal) Homemade Focaccia (308kcal)	Courgette and Tomato Soup (130kcal) Homemade Focaccia (308kcal)	Red Pepper, Sweet Potato and Smoked Paprika Soup (491kcal) Homemade Focaccia (308kcal)	Cauliflower and Cheddar Soup (310kcal) Homemade Focaccia (308kcal)
Main Meal 6.00	Chilli con Carne (428kcal) Steamed Rice (139kcal) Sour Cream (100kcal)	Pork Stroganoff (512kcal) Basmati Rice (110kcal)	Pork Sausages 2 (384kcal) Potato, Mustard and Apple Hash (241kcal) Horseradish Cream (87kcal)	Thai Green Chicken (429kcal) Steamed Jasmine Rice (120kcal)	Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each	Sweet Potato Fries (187kcal)	Garlic and Herb Slice x 150p (97kcal)	Irish Penny Loaf x 1 1.50 (236kcal)	Poppadum x 1 £0.80 (48kcal) Naan Bread x 1 £1.80 (420kcal) Large Samosa x 1 £1.80 (231kcal)	Curry Sauce (82kcal) - £0.80p
Vegetarian Meal 5.75	Chilli sin Carne (388kcal) Steamed Rice (139kcal) Sour Cream (100kcal)	Mushroom Stroganoff (329kcal) Basmati Rice (110kcal)	Vegan Sausages 2 (284kcal) Potato, Mustard and Apple Hash (241kcal) Horseradish Cream (87kcal)	Thai Green Vegetable (429kcal) Steamed Jasmine Rice (120kcal)	Smoked Battered Seitan (180kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - 1.45	Herby Diced Potato (342kcal)	Saute Potatoes (211kcal)	Chips (270kcal) - £1.65	Salt and Pepper Chips (225kcal) - £1.75	Chips (270kcal) - £1.65
Vegetable - 1.30	Steamed Broccoli (134kcal)	Chargrilled Roasted Vegetables (46kcal)	Garden Peas (77kcal)	Masal Roasted Cauliflower (87kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.00	Breaded Scampi (279kcal), Shredded Iceberg (26kcal) Tartare Sauce (85kcal) £4.00	Chill Beef Tacos x 2 Iceberg Lettuce, Sour Cream, Tomato Salsa (597kcal)	Southern Fried Chicken Caesar Salad (412kcal)	Butternut Squash and Halloumi Flatbread, Sweet Chilli Beetroot Jam (578kcal)	Jumbo Battered Sausage £2.85 Classic Chip Shop Fish Cakes x 2 £1.50
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) 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	Caramelised Banana and Chocolate Sponge (204kcal) Chocolate Custard (101kcal)	Sticky Toffee Pudding (175kcal) Toffee Sauce (121kcal)	Pineapple Upside Down Sponge (211kcal) Vanilla Custard (80kcal)	Homemade Apple and Cinnamon Crumble (237kcal) Vanilla Custard (81kcal)	Bread and Butter Pudding (284kcal) Pouring Cream (230kcal)