

THE KITCHEN

	Monday - 24 th	Tuesday - 25 th	Wednesday – 26 th	Thursday -27 th Thanksgiving	Friday – 28 th
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)	Spiced Pumpkin Soup (240kcal) Homemade Focaccia (308kcal)	Cream of Mushroom Soup (217kcal) Homemade Focaccia (308kcal)
Main Meal 6.00	Classic Beef Burger, BBQ Sauce, Cheese, Jalapeno Slaw (648kcal) Skinny Garlic Fries (265kcal)	Chicken Thigh Stuffed with Sage and Onion (314kcal) Mushroom and Pearl Barley Risotto (401kcal)	Florida Style stuffed Pork Loin(412kcal) Chips (270kcal) Garden Peas (77kcal) Pineapple Ring (51kcal)	Traditional Roast Turkey Breast (245kcal) Mashed Potatoes (187kcal) Green Bean and Mushroom Casserole (287kcal) Cranberry Sauce (28kcal) Gravy (101kcal)	Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each	Battered Onion Rings x 6 (266kcal)	Garlic Flatbread (205kcal)	Battered Onion Rings x 6 (266kcal)		Curry Sauce (82kcal) - 0.90
Vegetarian Meal 5.75	Field Mushroom and Halloumi Burger, BBQ Sauce, Cheese, Jalapeno Slaw (684kcal) Skinny Garlic Fries (265kcal)	Mushroom and Truffle Arancini (2) Mushroom and Pearl Barley Risotto (401kcal)	Quorn Fillet (212kcal) Chips (270kcal) Garden Peas (77kcal) Pineapple Ring (51kcal)	Nutless Roast Slice (299kcal) Mashed Potatoes (187kcal) Green Bean and Mushroom Casserole (287kcal) Cranberry Sauce (28kcal) Gravy (101kcal)	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) Skinny Fries (254kcal)	Chips (270kcal) - 1.75
Vegetable - 1.30	Green Beans and Peas with Dill (87kcal)	Corn on the Cob x 2 (140kcal)	Steamed Broccoli (35kcal)	Cajun Sweetcorn (124kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.00	Chicken Meatball Sub with Smoked Tomato Sauce and Grated Cheese (586kcal)	Vegetable Chow Mein (204kcal) Large Spring Roll (254kcal) Curry Sauce (82kcal)	Spinach and Vegetable Pakora (2) (180kcal) Chaat Masala Chick Pea, Cucumber and Red Onion Salad (121kcal)	American Biscuits and Sausage Gravy (574kcal)	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)	Pumpkin Pie (671kcal) Cinnamon Cream (185kcal)	Peach and Raspberry Sponge (241kcal) Vanilla Custard (80kcal)