

THE KITCHEN

	Monday - 8 th	Tuesday - 9 th	Wednesday - 10 th	Thursday - 11 th	Friday - 12 th
Soup – 2.00 Soup Bread – 0.95	Cream of Mushroom Soup (360kcal) Homemade Focaccia (308kcal)	Spiced Lentil and Swede (184kcal) Homemade Focaccia (308kcal)	Leek, Pea and Watercress (154kcal) Homemade Focaccia (308kcal)	Curried Sweetcorn Soup (393kcal) Homemade Focaccia (308kcal)	Moroccan Aubergine and Chickpea (234kcal) Homemade Focaccia (308kcal)
Main Meal 6.00	Red Pesto Pork Ribeye (290kcal) Butterbean, Spinach and Chorizo Stew (491kcal)	Buttermilk Breaded Chicken Thigh Roasted Potato, Stilton and Kale Hash Smoked Paprika Tomato Sauce	Pork Loin stuffed with Sage and Onion (478kcal) Potato and Cheese Gatin (144kcal) Braised Red Cabbage with Apple (69kcal) Gravy (28kcal)	Chicken Tikka Masala (482kcal) Steamed Basmati Rice (139kcal) Mango Chutney (38kcal)	Battered MSC Battered Pollock Fillet (394kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each	Sweet Potato Fries (187kcal)	Garlic and Herb Slice x 150p (97kcal)	Giant Yorkshire Pudding (248kcal)	Poppadum x 1 £0.80 (48kcal) Naan Bread x 1 £1.80 (420kcal) Large Samosa x 1 £1.80 (231kcal)	Gravy (28kcal) – 0.90
Vegetarian Meal 5.75	Butternut Squash and Sage Risotto (609kcal)	Spinach, Sweet Potato and Lentil Dhal (397kcal) Coconut Yogurt (101kcal)	Quorn Fillet (196kcal) Potato and Cheese Gatin (144kcal) Braised Red Cabbage with Apple (69kcal) Gravy (28kcal)	Vegetable Tikka Masala (422kcal) Steamed Basmati Rice (139kcal) Mango Chutney (38kcal)	Battered Quorn Sausage (454kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - 1.45	Fajita Spiced Chips (273kcal) £1.65	Sweet Potato Wedges (189kcal)	Garlic and Herb Roasted New Potatoes (154kcal)	Salt and Pepper Chips (225kcal) - £1.65	Chips (270kcal)
Vegetable - 1.30	Charred Sweetheart Cabbage (54kcal)	Lemon Green Beans (95kcal)	Steamed Brussel Sprouts (68kcal)	Green Beans with Turmeric and Toasted Coconut (72kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.00	Breaded Scampi (279kcal), Shredded Iceberg (26kcal) Tartare Sauce (85kcal) 4.00	Homemade Pork, Cheddar Cheese and Marmite Sausage Roll (571kcal) 4.00	Nasi Goreng (440kcal) Fried Egg (92kcal) Spicy Sriracha Sauce (42kcal)	Multigrain Bagel with Smoked Salmon and Cream Cheese Mousse, Sliced Avocado (418kcal)	Jumbo Battered Sausage 2.95 (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) - 1.75 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	Apple Crumble (234kcal) Custard (80kcal)	Baked Cheesecake (351kcal) Cream (158kcal)	Earl Grey Tea Bread and Butter Pudding (224kcal) Custard (80kcal)	Chocolate and Orange Sponge (378kcal) Chocolate Custard (95kcal)	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