

THE KITCHEN

	Monday - 26 th	Tuesday - 27 th	Wednesday - 28 th	Thursday - 29 th	Friday - 30 th
Soup – 2.00 Soup Bread – 0.95	Cream of Mushroom Soup (360kcal) Homemade Focaccia (308kcal)	Spiced Lentil (184kcal) Homemade Focaccia (308kcal)	Leek, Pea and Watercress (154kcal) Homemade Focaccia (308kcal)	Curried Sweetcorn Soup (393kcal) Homemade Focaccia (308kcal)	Spiced Parsnip (234kcal) Homemade Focaccia (308kcal)
Main Meal 6.00	Pork Loin Steak (245kcal) Forestiere Style Lentils (315kcal) (Pearl Onions, Bacon, Chopped Tomatoes)	Chicken and Vegetable Tikka Masala (482kcal) Steamed Basmati Rice (139kcal)	Beef Bolognese (387kcal) Penne Pasta (360kcal) Pesto Dressing (114kcal) Dressed Rocket (14kcal)	Pulled Chicken and Black Bean Chilli (487kcal) Steamed Basmati Rice (139kcal)	Battered MSC Battered Pollock Fillet (394kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each	Sweet Potato Fries (187kcal)	Poppadum x 1 £0.80 (48kcal) Naan Bread x 1 £1.80 (420kcal) Large Samosa x 1 £1.80 (231kcal)	Garlic and Herb Slice x 1 50p (97kcal) Breaded Mozzarella Sticks (314kcal) 2.50	Jalapeno Poppers (310kcal) 2.50	Gravy (28kcal) – 0.90
Vegetarian Meal 5.75	Salt Baked Celeriac Steak (187kcal) Forestiere Style Lentils (287kcal) (Pearl Onions, Chopped Tomatoes)	Vegetable Tikka Masala (422kcal) Steamed Basmati Rice (139kcal)	Quorn Bolognese (312kcal) Penne Pasta (360kcal) Pesto Dressing (114kcal) Dressed Rocket (14kcal)	Pulled Quorn and Black Bean Chilli (397kcal) Steamed Basmati Rice (139kcal)	Battered Quorn Sausage (454kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - 1.45	Lemon and Thyme New Potatoes (175kcal)	Salt and Pepper Chips (225kcal) - 1.75	Sweet Potato Wedges (189kcal)	Fajita Spiced Chips (273kcal) 1.75	Chips (270kcal)
Vegetable - 1.30	Charred Sweetheart Cabbage (54kcal)	Green Beans with Turmeric and Toasted Coconut (72kcal)	Garlic Roasted Courgettes (175kcal)	Lemon Green Beans (95kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.00	<u>Burns Night</u> Haggis, Neaps and Tatties Calzone (614kcal) Wholegrain Mustard Cream Sauce (154kcal)	Classic Cheese Burger (671kcal)	Legghorn Chicken Taco Flatbread (319kcal) Dressed Salad 914kcal) Pickled Red Onions (8kcal) Herb Pesto (48kcal)	Homemade Pork Sausage Roll (571kcal)	Jumbo Battered Sausage 2.95 (513kcal) Saveloy 2.00 (207kcal)
Available Everyday	Chips (270kcal) - £1.65 Baked Beans (64kcal) Jacket Potato (248kcal) Grated Cheese (83kcal) Tuna Mayo (180kcal)	Chips (270kcal) - 1.75 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270kcal) - 1.75 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270kcal) - 1.75 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270kcal) - 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)	Salted Caramel Sponge (350kcal) Custard (80kcal)	Chocolate & range 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