THE KITCHEN

	Monday - 2nd Yorkshire Pudding Day	Tuesday - 3rd	Wednesday – 4th	Thursday -5th	Friday – 6th
Soup - 2.00 **Soup Bread - 0.95**	Carrot and Ginger Soup (293kcal) Homemade Focaccia (308kcal)	Red Pesto Minestrone Soup (291kcal) Homemade Focaccia (208kcal)	Cream of Celeriac Soup (198kcal) Homemade Focaccia (208kcal)	Spicy Roasted Parsnip Soup (234kcal) Homemade Focaccia (308kcal)	Cream of Tomato Soup (280kcal) Homemade Focaccia (208kcal)
Main Meal **6.00**	Sausage and White Bean Casserole (563kcal)	Classic Macaroni Cheese (485kcal) Southern Fried Chicken Drumstick (267kcal) Cajun Slaw (101kcal)	Chicken Stroganoff (425kcal) Steamed Basmati Rice (120kcal)	Thai Green Chicken (429kcal) Steamed Jasmine Rice (120kcal) Mango Chutney (87kcal)	Battered MSC Battered Pollock Fillet (268kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each	Giant Yorkshire Pudding (248kcal)	Garlic Stuffed Flatbread (234kcal)	Waffle Fries with Rosemary and Sea Salt (315kcal)	Homemade Naan Bread x 1 £1.00 (420kcal) Large Samosa x 1 £1.80 (231kcal) Onion Bhaji x 2 £1.80 (185kcal)	Curry Sauce (82kcal) 0.90
Vegetarian Meal **5.75**	Quorn Sausage and White Bean Casserole (493kcal)	Classic Macaroni Cheese (485kcal) Cajun Slaw (101kcal)	Mushroom Stroganoff (25kcal) Steamed Basmati Rice (120kcal)	Thai Green Vegetable Curry (429kcal) Steamed Jasmine Rice (120kcal) Mango Chutney (87kcal)	Battered Quorn Sausage(454kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - 1.45	Steamed New Potatoes (157kcal)	Sauteed Potatoes (226kcal)	Roast Potatoes with Lemon, Garlic and Feta Cheese (274kcal)	Salt and Pepper Chips (225kcal) - £1.75	'Tater Bites' (287kcal)
Vegetable - 1.30	Green Beans with Wholegrain Mustard and Dill (101kcal)	Creamed Spinach (184kcal)	Garlic Roasted Courgettes (173kcal)	Spiced Roasted Aubergine (254kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held – **4.00**	Filled Giant Yorkshire Pudding Roasted Pork Sausages, Crushed Potatoes, Garden Vegetables and Gravy (651kcal) 4.00	Chicken Tikka Calzone (587kcal)	Korean Fried Chicken Pieces with Gochujang and Gochugaru (315kcal)	Haggis, Neaps and Tatties Calzone (614kcal)	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**	Steamed Syrup Sponge (268kcal) Vanilla Custard (80kcal)	Apple and Cinnamon Crumble (220kcal) Vanilla Custard (80kcal)	Lemon and Lime Sponge (205kcal) Orange Custard (80kcal)	Pineapple and Coconut Crumble (210kcal) Vanilla Custard (80kcal)	Jam and Coconut Sponge (298kcal) Custard (80kcal)