

THE KITCHEN

	Monday - 11 th	Tuesday - 12 th	Wednesday - 13 th	Thursday - 14 th	Friday - 15 th
Soup – 2.15 Soup Bread – 1.00	Cream of Tomato (201kcal) Homemade Focaccia (308kcal)	Cream of Cauliflower and Blue Cheese (305kcal) 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 6.25	Harrisa Spiced Chicken Drumsticks (2) (389kcal) Ratatouille Cous Cousins (401kcal) Yogurt and Mint Sauce (87kcal)	BBQ Pork Ribsteak Burger (598kcal) Sliced Cheese (80kcal) Pickled Red Onion (21kcal) Jacket Potato (198kcal) with Sour Cream and Chive (89kcal)	Chicken and Chickpea Madras (471kcal) Steamed Basmati Rice (139kcal)	Doner Strips (355kcal) Flatbread (256kcal) Chilli Sauce, Garlic Mayo Mixed Salad (51kcal)	Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each	Folded Garlic and Parsley Toasted Flatbread (254kcal)	Battered Onion Rings x 4 (266kcal)	Poppadum x 1 0.80 (48kcal) Naan Bread x 1 1.80 (420kcal) Large Samosa x 1 1.80 (231kcal)	Breaded Mozzarella Sticks (314kcal) 2.50	Curry Sauce (82kcal) - 0.80p
Vegetarian Meal 6.00	Harrisa Spiced Halloumi (414kcal) Ratatouille Cous Cousins (401kcal) Yogurt and Mint Sauce (87kcal)	Spicy Bean Burger (498kcal) Guacamole (80kcal) Pickled Red Onion (21kcal) Jacket Potato (198kcal) with Sour Cream and Chive (89kcal)	Vegetable and Chick Pea Madras (381kcal) Steamed Basmati Rice (139kcal)	Spiced Temp eh (212kcal) Flatbread (256kcal) Chilli Sauce, Garlic Mayo Mixed Salad (51kcal)	Battered Temp eh (180kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - 1.70	New Potatoes with Oregano, Feta and Lemon (214kcal)	Garlic Fries (273kcal)	Bombay Potatoes (245kcal)	Chilli and Garlic Chips (275kcal) 1.75	Chips (270kcal) 1.75
Vegetable - 1.50	Roasted Sumac Courgettes (186kcal)	Honey, Lemon Zest and Parsnip Roasted Parsnips (245kcal)	Masala Roasted Cauliflower (138kcal)	Roasted Mediterranean Vegetables (175kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.25	Breaded Scampi x 6 (257kcal), Shredded Iceberg (26kcal) Tartare Sauce (85kcal) Lemon Wedge	Teriyaki Pork and Rice Bowl (512kcal)	Southern Fried Chicken Strips (2) Cucumber, Red Onion, Pineapple, Mango and Sweetcorn Salad (254kcal) Lime and Coriander Dressing (78kcal)	Ginger, Sesame and Chilli Vegetable Chow Mein (436kcal)	Jumbo Battered Sausage (571kcal) - 2.95
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 3.00	Pineapple Upside Down Sponge (21kcal) Vanilla Custard (80kcal)	Apple Crumble (342kcal) Vanilla Custard (80kcal)	Caramelised Banana and Chocolate Sponge (204kcal) Chocolate Custard (101kcal)	Baked Cheesecake (287kcal) Cream (80kcal)	Bread and Butter Pudding (284kcal) Pouring Cream (230kcal)