

THE KITCHEN

	Monday - 18 th	Tuesday - 19 th	Wednesday - 20 th	Thursday - 21 st	Friday - 22 nd
Soup – 2.15 Soup Bread – 1.00	Indian Spiced Lentil (260kcal) Homemade Focaccia (308kcal)	Cream of Mushroom Soup (360kcal) 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 6.25	Szechuan Pork with Water Chestnuts and Bamboo Shoots (483kcal) Egg Noodles (201kcal)	Orange Chicken with Sesame and Carrots (429kcal) Egg Fried Rice (212kcal)	Beef Bolognese (387kcal) Penne Pasta (360kcal) Pesto Dressing (114kcal)	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	Large Spring Roll	Chicken and Vegetable Gyoza Dumpling x 4 £2.00	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 6.00	Mushroom and Stilton Gnocchi Bake (612kcal)	Black Bean Tofu and Vegetable Chow Mein (439kcal)	Quorn Bolognese (312kcal) Penne Pasta (360kcal) Pesto Dressing (114kcal)	Pulled Quorn and Black Bean Chilli (397kcal) Steamed Basmati Rice (139kcal)	Battered Quorn Sausage (454kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - 1.70	Chips (273kcal)	Lemon and Thyme New Potatoes (175kcal)	Sweet Potato Wedges (189kcal)	Fajita Spiced Chips (273kcal) 1.75	Chips (270kcal)
Vegetable - 1.50	Chinese Cabbage with Ginger and Chilli (89kcal)	Charred Sweetheart Cabbage (54kcal)	Garlic Roasted Courgettes (175kcal)	Lemon Green Beans (95kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.25	Classic Cheese Burger (671kcal)	BBQ Pork Ribsteak Burger (598kcal) Sliced Cheese (80kcal) Pickled Red Onion (21kcal)	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 (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00	Chips (270 kcal) – 2.00 Baked Beans (64kcal) - 1.00 Jacket Potato (248kcal) – 2.10 Grated Cheese (83kcal) – 1.80 Tuna Mayo (180kcal) – 2.00
Hot Sweet 3.00	Jam and Coconut Sponge (328kcal) Custard (85kcal)	Baked Cheesecake (351kcal) Cream (158kcal)	Apple Crumble (381kcal) Custard (85kcal)	Chocolate & Orange Sponge (378kcal) Chocolate Custard (95kcal)	Lemon Curd Sponge (370kcal) Cream (158kcal)