

THE KITCHEN

	Monday - 24 th	Tuesday - 25 th	Wednesday - 26 th	Thursday - 27 th	Friday - 28 th
Soup – 2.15 Soup Bread – 1.00	Moroccan Spiced Cauliflower (200kcal) Homemade Focaccia (308kcal)	Indian Summer Soup (445kcal) Homemade Focaccia (308kcal)	Leek, Fennel, Potato and Blue Cheese (305kcal) Homemade Focaccia (308kcal)	Cream of Vegetable (240kcal) Homemade Focaccia (308kcal)	Cream of Mushroom Soup (217kcal) Homemade Focaccia (308kcal)
Main Meal 6.25	Chicken Caesar Salad Garlic and Lemon Chicken Breast, Cos Lettuce, Garlic Croutons, Caesar Dressing (654kcal)	Chicken and Vegetable Tagine (624kcal) Fruity Cous Cous (201kcal) Yogurt and Mint Sauce (70kcal)	Classic Beef Burger, BBQ Sauce, Cheese, Leaf Salad (648kcal) Skinny Garlic Fries (265kcal)	Pork Stroganoff (471kcal) <i>or</i> Honey and Soy Pork Stir Fry (403kcal) Basmati Rice (120kcal)	Battered MSC Battered Pollock Fillet (204kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each		Garlic and Herb Slice (101kcal) 0.50	Battered Onion Rings x 4 (266kcal)		Curry Sauce (82kcal) - 0.90
Vegetarian Meal 6.00	Beetroot Falafel (4) (210kcal) Beetroot and Goats Cheese Cous Cous (241kcal) Mint and Basil Chutney (106kcal)	Aubergine and Sweet Potato Tagine (536kcal) Fruity Cous Cous (201kcal) Yogurt and Mint Sauce (70kcal)	Spicy Bean Burger, BBQ Sauce, Cheese, Leaf Salad (598kcal) Skinny Garlic Fries (265kcal)	Mushroom Stroganoff (387kcal) Basmati Rice (120kcal)	Battered Quorn Sausage (454kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - 1.70	Tater Bites (287kcal)	Roasted Sumac New Potatoes (281kcal)	Potato Croquettes (315kcal)	Herb Roasted New Potatoes (281kcal)	Chips (270kcal) - 1.75
Vegetable - 1.50	Corn on the Cob (124kcal)	Garlic Roasted Courgettes (174kcal)	Steamed Broccoli (35kcal)	Steamed Green Beans (102kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.25	Spinach and Vegetable Pakora (2) (180kcal) Chaat Masala Chick Pea, Cucumber and Red Onion Salad (121kcal)	Classic Hot Dog (Carmalised Onion, Ketchup, Frenchie's Mustard) (578kcal)	Corn Dogs (2) Corn and Blue Cheese Salad (276kcal) Blue Cheese Dressing (90kcal)	Phat Lamb and Mint Pasty (940kcal) 5.00	Jumbo Battered Sausage 2.95 (513kcal) Saveloy 2.00 (207kcal)
Available Everyday	Small Chips (270 kcal) – 2.00 Large Chips (450kcal) – 2.80 Baked Beans (64kcal) – 1.00 Jacket Potato (248kcal) – 2.50 Grated Cheese (83kcal) – 1.90 Tuna Mayo (180kcal) – 2.15	Small Chips (270 kcal) – 2.00 Large Chips (450kcal) – 2.80 Baked Beans (64kcal) – 1.00 Jacket Potato (248kcal) – 2.50 Grated Cheese (83kcal) – 1.90 Tuna Mayo (180kcal) – 2.15	Small Chips (270 kcal) – 2.00 Large Chips (450kcal) – 2.80 Baked Beans (64kcal) – 1.00 Jacket Potato (248kcal) – 2.50 Grated Cheese (83kcal) – 1.90 Tuna Mayo (180kcal) – 2.15	Small Chips (270 kcal) – 2.00 Large Chips (450kcal) – 2.80 Baked Beans (64kcal) – 1.00 Jacket Potato (248kcal) – 2.50 Grated Cheese (83kcal) – 1.90 Tuna Mayo (180kcal) – 2.15	Small Chips (270 kcal) – 2.00 Large Chips (450kcal) – 2.80 Baked Beans (64kcal) – 1.00 Jacket Potato (248kcal) – 2.50 Grated Cheese (83kcal) – 1.90 Tuna Mayo (180kcal) – 2.15
Hot Sweet 3.00	Selection of Cold Desserts	Selection of Cold Desserts	Selection of Cold Desserts	Selection of Cold Desserts	Selection of Cold Desserts