

THE KITCHEN

	Monday - 28 th	Tuesday - 29 th	Wednesday – 30 th	Thursday -1 st	Friday – 2 nd
Soup – 2.15 Soup Bread – 1.00	Tomato and Basil (201kcal) Homemade Focaccia (308kcal)	Yellow Split Pea (305kcal) Homemade Focaccia (308kcal)	Courgette and Tomato Soup (130kcal) Homemade Focaccia (308kcal)	Butternut Squash, Lemongrass and Coconut Homemade Focaccia (308kcal)	Cauliflower and Cheddar Soup (310kcal) Homemade Focaccia (308kcal)
Main Meal 6.25	Garlic and Herb Pork Chop (301kcal) Leek and Butterbean Stew (275kcal)	Hoi Sin Chicken with Bamboo Shoots and Water Chestnuts (587kcal) Fried Rice (139kcal)	Classic Fish Pie topped with Creamy Mashed Potato (698kcal) Peas (71kcal)	Hot 'n' Spicy Sliced Chicken Thigh (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		Large Spring Roll (246kcal) 1.50 Prawn Crackers (124kcal) 0.80	Cauliflower Cheese (274kcal)	Breaded Mozzarella Sticks (314kcal) 2.50	Curry Sauce (82kcal) - 0.80p
Vegetarian Meal 6.00	Garlic and Herb Quorn Fillet (198kcal) Leek and Butterbean Stew (275kcal)	Hoi Sin Tofu with Bamboo Shoots and Water Chestnuts Fried Rice (139kcal)	Ratatouille Vegetable Pie topped with Mashed Potato (524kcal) Peas (71kcal)	Spiced Tempeh (212kcal) Flatbread (256kcal) Chilli Sauce, Garlic Mayo Mixed Salad (51kcal)	Falafel and Spinach Burger (180kcal) Crispy Onion Roll (196kcal) Chips (270kcal)
Potatoes - 1.70	Rosemary Roasted New Potatoes (145kcal)	Salt and Peppers Chips (270kcal) 2.00	Potato Croquettes (203kcal)	Chilli and Garlic Chips (275kcal) 1.75	Chips (270kcal) 1.75
Vegetable - 1.50	Roasted Carrots (87kcal)	Sesame and Soy Pak Choi (87kcal)	Steamed Carrots (75kcal)	Roasted Mediterranean Vegetables (175kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.25	Breaded Scampi (279kcal), Shredded Iceberg (26kcal) Tartare Sauce (85kcal)	Homemade Pork, Cheddar Cheese and Marmite Sausage Roll (571kcal)	Ginger and Garlic Pork Chow Mein (564kcal)	Buffalo Chicken Wings, Ranch Dressing, Crispy Onions, Spring Onion and Coriander (685kcal)	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	Apple Crumble (234kcal) Custard (80kcal)	Jam and Coconut Sponge (305kcal) Custard (80kcal)	Pineapple Upside Down Sponge (211kcal) Vanilla Custard (80kcal)	Chocolate and Orange Sponge (378kcal) Chocolate Custard (95kcal)	Lemon Curd Sponge (370kcal) Cream (158kcal)