

TH KITCHEN

	Monday - 26 th World Pasta Day UK Sausage Week Begins	Tuesday - 27 th	Wednesday - 28 th	Thursday - 29 th	Friday - 30 th Halloween UK Sausage Week Ends
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	Creamy Pork Sausage and Fennel Ragu (634kcal) Conchiglie Pasta (360kcal)	Hoi Sin Chicken with Bamboo Shoots and Water Chestnuts (587kcal) Fried Rice (139kcal)	Garlic and Herb Pork Chop (301kcal) Leek and Butterbean Stew (275kcal)	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	Garlic and Herb Slice (97kcal) 5op	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	Creamy Quorn Sausage and Fennel Ragu (534kcal) Conchiglie Pasta (360kcal)	Hoi Sin Tofu with Bamboo Shoots and Water Chestnuts Fried Rice (139kcal)	Garlic and Herb Quorn Fillet (198kcal) Leek and Butterbean Stew (275kcal)	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	Rosemary Roasted New Potatoes (145kcal)	Chilli and Garlic Chips (275kcal) 1.75	Chips (270kcal) 1.75
Vegetable - 1.50	Garlic Roasted Courgettes (105kcal)	Sesame and Soy Pak Choi (87kcal)	Roasted Carrots (87kcal)	Roasted Mediterranean Vegetables (175kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.25	Breaded Scampi (279kcal), Shredded Iceberg (26kcal) Tartare Sauce (85kcal)	UK Sausage Week 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)	UK Sausage Week 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 (21kcal) Vanilla Custard (80kcal)	Chocolate and Orange Sponge (378kcal) Chocolate Custard (95kcal)	Lemon Curd Sponge (370kcal) Cream (158kcal)