THE KITCHEN

	Monday - 9th Diwali	Tuesday -10th	Wednesday –11th	Thursday -12th	Friday – 13th World Kindness Day
Soup – 2.15 Soup Bread – 1.00	Carrot and Ginger Soup (293kcal) Homemade Focaccia (308kcal)	Simply Tomato (241kcal) Homemade Focaccia (308kcal)	Cream of Celeriac Soup (198kcal) Homemade Focaccia (208kcal)	Spicy Roasted Parsnip Soup (234kcal) Homemade Focaccia (308kcal)	Cream of Tomato Soup (280kcal) Homemade Focaccia (208kcal)
Main Meal 6.25	Chicken and Lentil Murgh Makhani (624kcal) Biriyani Style Rice (120kcal)	Sage and Garlic Roast Gammon (412kcal) Roasted Squash and Pumpkin Seed Pearl Barley Risotto (305kcal) Herb Crumb (135kcal)	Chilli con Carne (487kcal) Steamed Rice (120kcal)	Shanghai Style Braised Pork Belly (631kcal) Sesame Fried Savoy Cabbage (86kcal) Steamed Rice (120kcal)	Battered MSC Battered Pollock Fillet (268kcal) Chips (270kcal) Tartare Sauce (85kcal)
Bolt on 2.00 each	Poppadum x 1 0.30 (48kcal) Naan Bread x 1 1.50 (420kcal) Punjabi Samosa x 1 1.00 (186kcal)		Tortilla Chip, Guacamole and Sour Cream Pot (301kcal)	Large Spring Roll (246kcal) 1.50 Vegetable Gyoza x 4 (206kcal)	Curry Sauce (82kcal) 0.90
Vegetarian Meal 6.00	Chick Pea, Lentil and Vegetable Murgh Makhani (647kcal) Biriyani Style Rice (120kcal)	Orange Roasted Carrots (248kcal) Roasted Squash and Pumpkin Seed Risotto (305kcal) Herb Crumb (135kcal)	Chilli Sin Carne (397kcal) Steamed Rice (120kcal)	Shanghai Style Braised Tofu (301kcal) Sesame Fried Savoy Cabbage (86kcal) Steamed Rice (120kcal)	Battered Quorn Sausage(454kcal) Chips (270kcal) Tartare Sauce (85kcal)
Potatoes - 1.70	Sag Aloo (301kcal)	Honey Roasted Parsnips (167kcal)	Fajita Spiced Chips (270kcal)	Chilli, Soy and Sesame Sweet Potato Wedges (218kcal)	'Tater Bites' (287kcal)
Vegetable - 1.50	Masala Roasted Cauliflower (146kcal)	Herb Roasted New Potatoes (176kcal)	Chargrilled Vegetables (23kcal)	Chilli and Coriander Smashed Squash (165kcal)	Garden Peas (77kcal) Mushy Peas (71kcal)
Hot Hand Held - 4.25	Smashed Samosas with Green Chutney, Tamarind Chutney, Bombay Salad, Smashed Poppadums (603kcal)	Worcestershire Sauce and Smoked Applewood Cheese Rarebit (514kcal) Mixed Salad (8kcal) Wholegrain Mustard Dressing (74kcal)	Spiced Chicken and Pepper Quesadilla, Guacamole (587kcal)	Lamb and Mint Burger (305kcal) California Bagel (292kcal) Tzatziki (105kcal) Baby Gem (14kcal)	Chicken, Ham hock and Leek Pie 3.50 (677kcal) Jumbo Battered Sausage (513kcal) 2.95
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	Chocolate Sponge (301kcal) Chocolate Custard (87kcal)	Plum and Star Anise Crumble (308kcal) Custard (87kcal)	Jamaican Ginger Sponge (398kcal) Salted Caramel Sauce (154kcal)	Squash and Marshmallow Crumble (402kcal) Pouring Cream (101kcal)	Coconut and Mango Sponge (298kcal) Coconut Custard (101kcal)

Menus subject to change due to product availability. Please see todays printed menus on the service counters for exact menus and pricing