**OPENING TIMES**

**MONDAY – FRIDAY**
Breakfast 8:00 – 11:00
Dinner 16:30 – 20:00

**SATURDAY – SUNDAY**
Breakfast 9:00 – 11:30
Dinner 16:30 – 19:00

### MONDAY
- Honey roast parsnip soup
- Tuna and broccoli pasta bake
- Ratatouille and mixed bean chilli (V)
- Chickpea and sweet potato korma (V)
- Sticky toffee pudding with a butterscotch sauce

### TUESDAY
- Woodland mushroom soup
- Chilli con carne
- Cajun chicken breast
- Vegetable, spinach and ricotta lasagne (V)
- Warm trifle tart with pouring cream

### WEDNESDAY
- White onion and thyme soup
- Slow roasted shoulder of pork and apple cassserole
- Chicken and leek pie
- Mediterranean chargrilled vegetable and cherry tomato flatbread pizza (V)
- Steamed ginger sponge and custard

### THURSDAY
- Carrot and coriander soup
- Chicken balti
- Cumberland sausage sour with a red wine sauce
- Roast vine tomato and pesto pasta bake (V)
- Chocolate and orange steamed sponge with custard

### FRIDAY
- Tomato and basil soup
- Ham hock, leek and mustard pie
- Deep fried fish
- Ndua felibana, cheese and potato pie (V)
- Pineapple upside down cake with custard

### WEEKEND

**WEEK 1 & 6**
- Butternut squash and spinach soup
- Smoked haddock and pea fishcake with a leek and chilli dip
- Half a roast chicken with cherry tomatoes, manchurian and sage (V)
- Mexican bean chilli (V)
- Sticky toffee pudding with butterscotch sauce

**WEEK 2 & 7**
- Cream of celeriac soup
- Breaded place
- Mushroom risotto in a creamy spinach sauce (V)
- Aubergine and chickpea dish (V)
- Steamed lemon and golden syrup sponge with custard

**WEEK 3 & 8**
- Pumpkin and ginger soup
- Tuna melt pizza baguette
- Falafel burger with sweetcorn relish (V)
- Vegetable lasagne (V)
- Prosciutto with warm chocolate sauce

**WEEK 4 & 9**
- Curried vegetable and lentil soup
- Tuna and cherry tomato pasta bake
- Aubergine, basil and ricotta pizza (V)
- Squash, spinach and goats cheese pie (V)
- Pear and almond sponge pudding and custard

**WEEK 5 & 10**
- Tomato and red pepper soup
- Red wine chicken casserole
- Bacon chop with grilled tomato
- Spicy roast vegetable and lentil casserole (V)
- Baked salmon and raspberry fan with Chantilly cream

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*Allergens include:*
- Gluten
- Crustaceans
- Eggs
- Fish
- Peanuts
- Soybeans
- Mustard
- Sesame
- Sulphur dioxide
- Lupin
- Milk

*In occasions we may need to change menu items depending on the availability of products*
<table>
<thead>
<tr>
<th>WEEK 1 &amp; 6</th>
<th>WEEK 2 &amp; 7</th>
<th>WEEK 3 &amp; 8</th>
<th>WEEK 4 &amp; 9</th>
<th>WEEK 5 &amp; 10</th>
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<tbody>
<tr>
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<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
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<tr>
<td>• Curried vegetable and lentil soup</td>
<td>• Chicken and barley broth</td>
<td>• Vegetable moussaka (V)</td>
<td>• Steak and ale pie</td>
<td>• Mushroom and saffron soups (V)</td>
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<td>• Coral trout</td>
<td>• Vegetable and barley broth</td>
<td>• Chicken and leek pie</td>
<td>• Beef meatballs and spaghetti</td>
<td>• Minestrone soup (V)</td>
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<tr>
<td>• Salmon with dijon sauce</td>
<td>• Carrot and coriander soup</td>
<td>• Spicy beef and sweet potato pie</td>
<td>• Vegetable lasagne (V)</td>
<td>• Moroccan chickpea and squash soup (V)</td>
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<td>• Sweet potato soup with crispy</td>
<td>• Carrot and coriander soup</td>
<td>• Vegetable and barley broth</td>
<td>• Butternut squash and spinach</td>
<td>• Moroccan chickpea and squash soup</td>
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<td>• Crispy potato and pepper</td>
<td>• Curried tomato and storyboard</td>
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<td>soup</td>
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<tr>
<td>• Grilled salmon with</td>
<td>• Creamy mushroom soup</td>
<td>• Oriental chicken leg with spicy</td>
<td>• Colorful vegetable stew with</td>
<td>• Roasted vegetable and halloumi</td>
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<td>• Mushroom soup</td>
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**NOTES**

- Our meal plan is subject to change on occasion depending on availability of products.
- Allergens: See our Facebook page for full list.
- Gluten, eggs, fish, milk, soy, mustard, sulphites, celery, nuts, mollusks and crustaceans are all possible allergens that may be present in our dishes.
- We only use free-range eggs and free-range hens in our meals.
- Our meals are freshly prepared, seasonal and include local ingredients.
- We do not serve any endangered fish and all our eggs are from free range hens.
- Our commitment to you: Fresh food you can trust.
- All our meat can be traced back to the farm.
- Our menus include: FREE FROM NASTY ADDITIVES AND TRANS FATS.