



Week One

Week Two

Week Three

Mon

Potato and Leek Soup £1.00
 Teriyaki Salmon, sticky jasmine rice, stir-fried greens
 Cajun chicken gumbo* £2.80
 Aubergine & red lentil couscous* (v) £2.40
 Panini of the Day £2.30
 Chicken Wings £2.30
 Margherita Pizza (v) £1.10

*On the side
 with main
 courses...
 Stir-fried
 greens
 Diced
 potatoes
 drink
 Dessert

Broccoli & brie soup £1.00
 Cod and broccoli mornay, diced potatoes £2.90
 Chicken jalfrezi, pilau rice & naan bread* £2.80
 Spanish omelette, spinach & cheese, garden
 salad*(v) £2.40
 Panini of the Day £2.30
 Chilli cheesy wedges £2.30
 Sicilian cheese & tomato pizza (v) £1.10

*On the side
 with main
 courses...
 Pilau rice
 Diced potatoes
 Drink
 Dessert

Mushroom & leek soup £1.00
 Greek lasagne, garlic bread, garden salad
 £2.90
 Chicken & broccoli bake, diced potatoes*
 £2.80
 Lentil & chickpea curry*(v) £2.40
 Panini of the Day £2.30
 Cheesy penne pasta(v) £2.10
 Margherita pizza(v) £1.10

*On the side
 with main
 courses...
 Diced potatoes
 Garlic bread
 Drink
 Dessert

Tues

Butternut squash & sweet potato soup £1.00
 Chargrilled tandoori chicken skewer, corn and spicy
 wedges £2.90
 Beef ragu lasagne, house salad & garlic bread* £2.80
 Cheese & onion quiche, house salad* (v) £2.40
 Panini of the Day £2.30
 Baked garlic and herb wedges (v) £2.30
 Nachos with salsa & cheese £1.50

*On the side
 with main
 courses...
 Potato
 wedges
 Corn on the
 cob
 Drink
 Dessert

Carrot & roast pepper soup £1.00
 Pulled pork burrito, Mexican rice, corn on the
 cob £2.90
 Chicken & ham pie, mashed potato, steamed
 veg £2.80
 Mixed bean chilli, Mexican rice £2.40
 Panini of the Day £2.30
 Chicken goujon wrap, salad & mayo £2.30
 Beef chilli nachos £2.30

* On the side
 with main
 courses...
 Mashed
 potato
 Steamed
 broccoli
 Drink
 Dessert

Vegetable broth £1.00
 Slow cooked beef stew & crusty bread £2.90
 Jerk chicken wrap, spicy wedges, corn on
 the cob* £2.80
 Vegetable lasagne, garlic bread, house
 salad*(v) £2.40
 Panini of the Day £2.30
 Chicken & tomato pasta pot £2.30
 Pulled pork slider £2.30

*On the side
 with main
 courses...
 Corn on the
 cob
 Spicy wedges
 Drink
 Dessert

Wed

Spiced carrot & lentil soup £1.00
 Grilled piri-iri pork chop, BBQ sauce, garlic potatoes
 £2.90
 Salted chilli chicken bites, stir-fry noodles, curry
 sauce* £2.80
 Courgette, parmesan and spinach pasta (v) * £2.40
 Panini of the Day £2.30
 BBQ Chicken pasta pot £2.30
 Vegetable pasta pot £2.00

*On the side
 with main
 courses...
 Stir-fry
 noodles
 Garlic
 potatoes
 Drink
 Dessert

Curried parsnip soup £1.00
 Honey roast gammon steak, roast potato,
 garden peas £2.90
 Spaghetti bolognese & garlic bread £2.80
 Chunky vegetable curry & rice* (v) £2.40
 Panini of the Day £2.30
 BBQ chicken past pot £2.30
 Margherita pizza (v) £1.10

*On the side
 with main
 courses...
 Roast potato
 Garden peas
 Drink
 Dessert

Carrot & coriander soup £1.00
 Cod & pancetta fishcake, garlic potatoes,
 roasted cauliflower £2.90
 Stuffed chicken fillet, creamy champ* £2.80
 Cauliflower & broccoli gratin*(v) £2.40
 Panini of the Day £2.30
 Meatball sub roll £2.30
 Mushroom & sweetcorn pizza(v) £1.10

*On the side
 with main
 courses...
 Creamy champ
 Roasted
 cauliflower
 Drink
 Dessert

Thurs

Vegetable broth £1.00
 Shepherd's pie, creamy champ, steamed veg & gravy
 £2.90
 Jamaican jerk chicken * £2.80
 Chickpea and coriander burger * (v) £2.40
 Panini of the Day £2.30
 Southern style chicken burger £2.30
 3 cheese Sicilian pizza £1.10

*On the side
 with main
 courses...
 Creamy
 champ
 Steamed root
 veg
 Drink
 Dessert

Cream of celery & leek soup £1.00
 Sausage pie, creamy champ, steamed carrots
 £2.90
 Hunters chicken, mash & veg* £2.80
 Falafels with house-made hot made*(v) £2.40
 Panini of the Day £2.30
 Southern style chicken burger £2.30
 New York hot dogs £2.00

*On the side
 with main
 courses...
 Mashed
 potato
 Steamed
 carrots
 Drink
 Dessert

Tomato & basil soup £1.00
 Chicken & chorizo paella £2.90
 Mexican beef chilli, boiled rice £2.90
 Mexican veg fajitas, patatas bravas £2.30
 Panini of the Day £2.30
 Sicilian meat feast pizza £1.10
 Chilli beef filled baked potato £2.10

*On the side
 with main
 courses...
 Steamed corn
 Patatas bravas
 Drink
 Dessert

Fri

Creamy winter corn chowder £1.00
 Crispy battered cod fillet, chips & mushy peas £2.90
 Chinese chicken curry, boiled rice or chips £2.80
 Macaroni cheese* (v) £2.40
 Panini of the Day £2.30
 Herby tomato pasta (v) £2.10
 Cajun pulled pork and bean pitta £2.30

*On the side
 with main
 courses...
 Chips
 Mushy peas
 Drink
 Dessert

Minestrone soup £1.00
 Crispy battered cod, chips & mushy peas £2.60
 Chinese chicken curry, boiled rice or chips*
 £2.80
 Cheese & tomato quesadilla*(v) £2.40
 Panini of the Day £2.30
 Italian chicken past pot £2.30
 Bacon pizza £1.00

*On the side
 with main
 courses...
 Boiled rice
 Chips
 Drink
 Dessert

Potato & leek soup £1.00
 Crispy battered cod £2.90
 Chinese chicken curry, boiled rice or chips*
 £2.80
 Vegetable spring rolls & spicy sauce*(v)
 £2.40
 Panini of the Day £2.30
 Pasta

*On the side
 with main
 courses...
 Boiled rice
 Chips
 Drink
 Dessert