## Week Commencing 15th July 2019

### LUNCH

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Vegetable and Quorn lasagne  
(CE, G, M)  
£2.50 | Beetroot, pumpkin and goat's cheese tarte tatin  
(M, G, E)  
£2.70 | Falafel with houmous cucumber yoghurt, red onion and chopped tomato  
(G, L, M)  
£2.70 | Polenta and Parmesan fritters with apple relish  
(CE, M)  
£2.50 | Sundried Tomato and Red pepper risotto with rocket salad  
(CE)  
£2.50 |
| **Grilled Salmon with Balsamic Onion Glaze**  
(F, SD)  
£3.40 | **Braised Italian style cod loin**  
(F, SD)  
£3.00 | **Quorn Enchiladas with rice and corn salad**  
(G)  
£2.50 | **Mustard-Grilled Salmon**  
(F, MU)  
£3.40 | **Beer Battered Haddock, tartar sauce and lemon**  
(G, M, E, SD, F, MU)  
£3.00 |
| **Turkey Milanese with tomato sauce and spaghetti**  
(G, E, M)  
£2.70 | **Caribbean Chicken with Mango and Rice**  
(CE, M)  
£3.00 | **Fillet of Hake with Veronique sauce**  
(F, F, M, MU, SD)  
£3.00 | **Steak and Ale pie with puff pastry crust**  
(G, CE, E)  
£2.70 | **Hoisin Chicken kebab with noodles and cucumber**  
(G, S)  
£2.70 |
| **Rib Eye Steak with peppercorn sauce**  
(M, SD)  
£3.75 | Pasta bar  
(ask for details)  
£2.50 | Kashmir Lamb curry  
(M, N)  
£2.70 | Pasta bar  
(ask for details)  
£2.50 | Crispy Catfish with cucumber pickle banh mi  
(F, E, M, SD, S)  
£3.00 |

---

*If you have any allergies, please notify a member of staff*

We welcome your comments, suggestions and feedback. You can leave yours here [feedback](#).
### Week Commencing 15th July 2019

#### DINNER

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Bean and Tomato chilli corn pie  
(CE, G, E, M, SD)  
£2.50 | Wild Mushroom Gnocchi with goats cheese  
(CE, G, E, M)  
£2.50 | Carrot Cakes with harissa yoghurt and flat bread  
(CE, G, E, F, M, SD)  
£2.50 | Bean and Spinach korma  
(CE, G, MU, N)  
£2.50 | Quorn and Bean gumbo  
(CE, G)  
£2.50 |
| Malay-style braised fish  
(C, CR, F, S)  
£3.00 | Smoked Haddock with chive and mussel risotto  
(CE, F, M)  
£3.00 | Teriyaki Hoki
With stir-fried veg and sesame  
(CE, G, SE, S)  
£3.00 | Nori Crusted Salmon  
(F, M, SE)  
£3.00 | Breaded Fish fillet with herb mayonnaise  
(G, E, M, SE)  
£3.00 |
| Irish Coddled pork with cider  
(CE, SD)  
£2.70 | Lamb filo pie  
(G, CE, M)  
£2.70 | Duck tagine with clementine’s  
(SE)  
£3.40 | Daube of Pork  
(CE, SD)  
£2.70 |  |
| Caramel Chilli Chicken  
(CR, F, MO)  
£2.70 | Pork Loin Steak with onion rings and sweet corn  
(G, E, M)  
£3.00 | Coq au vin  
(CE, G, M, SD)  
£3.00 | Quarter Roast Chicken with bread sauce and natural jus  
£3.00 (CE, SD) |  |

**Allergen Key:**
- Celery CE
- Gluten G
- Fish F
- Egg E
- Molluscs MO
- Mutton MU
- Pork PO
- Peanuts P
- Crustaceans CR
- Egg L
- Lupin L
- Milk M
- Mustard MU
- Nuts N
- Parmesan MO
- Sulphites SD
- Soya S

If you have any allergies, please notify a member of staff.

We welcome your comments, suggestions and feedback. You can leave yours here feedback.