



Week Commencing 23rd April 2018



LUNCH

MONDAY

Vegetable and Quorn lasagne

£2.35
(CE, G, M)

Grilled Seatrout with Balsamic Onion Glaze

£2.90
(F, SD)

Turkey Milanese with tomato sauce and spaghetti

£2.60
(G, E, M)

Rib Eye Steak with peppercorn sauce

£3.30
(M, SD)

TUESDAY

Beetroot, pumpkin and goat's cheese tarte tatin

£2.35
(M, G, E)

Braised Italian style cod loin

£2.90
(F, SD)

Caribbean Chicken with Mango and Rice

£2.60
(CE, M)

Gluten free pasta bar

£2.35
(ask for details)

WEDNESDAY

Sundried Tomato and Red pepper risotto with rocket salad

£2.60 
(CE)

Quorn Enchiladas with rice and corn salad

£2.35 
(G)

Fillet of Hake with Veronique sauce

£2.90
(E, F, M, MU, SD)

Kashmir Lamb curry

£2.35
(M, N)

THURSDAY

Polenta and Parmesan fritters with apple relish

£2.35
(CE, M)

Mustard-Grilled Scandinavian Seatrout

£2.90
(F, MU)

Steak and Ale pie with puff pastry crust

£2.60
(G, CE, E)

Gluten free pasta bar

£2.35
(ask for details)

FRIDAY

Mixed bean falafel, soy mayonnaise, beetroot houmous

£2.35 
(CE, G)

Beer Battered Haddock, tartar sauce and lemon

£2.90
(G, M, E, SD, F, MU)

Hoisin Chicken kebab with noodles and cucumber

£2.60
(G, S)

Crispy Catfish with cucumber pickle banh mi

£2.60
(F, E, M, SD, 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](#)



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DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bean and Tomato chilli corn pie £2.35 <i>(G, E, M, SD)</i>	Wild Mushroom Gnocchi with goats cheese £2.35 <i>(CE, G, E, M)</i>	Carrot Cakes with harissa yoghurt and flat bread £2.35 <i>(CE, G, E, F, M, SD)</i>	Bean and Spinach korma £2.35 <i>(CE, G, MU, N)</i> 	Quorn and Bean gumbo £2.35 <i>(CE, G)</i> 
Malay-style braised fish £2.90 <i>(C, CR, F, S)</i>	Smoked Haddock with chive and mussel risotto £2.90 <i>(CE, F, M)</i>	Teriyaki Hoki With stir-fried veg and sesame £2.90 <i>(CE, G, SE, S)</i>	Nori Crusted Salmon £2.90 <i>(F, M, SE)</i>	Breaded Fish fillet with herb mayonnaise £2.90 <i>(G, E, M, SE)</i>
Irish Coddled pork with cider £2.60 <i>(CE, SD)</i>	Lamb filo pie £2.60 <i>(G, CE, M)</i>	Duck tagine with clementine's £2.60 <i>(SE)</i>	Daube of Pork £2.60 <i>(CE, SD)</i>	Spaghetti Bolognaise £2.60 <i>(CE, G, SD)</i>
Caramel Chilli Chicken £2.60 <i>(CR, F, MO)</i>	Pork Loin Steak with onion rings and sweet corn £2.60 <i>(G, E, M)</i>	Coq au vin £2.60 <i>(CE, G, M, SD)</i>	Half Roast Chicken with bread sauce and natural jus £2.60 <i>(CE, SD)</i>	Moroccan Turkey with salad and flat bread £2.60 <i>(G, L, M)</i>

Allergen Key:

Celery *CE*
 Gluten *G*
 Crustaceans *CR*
 Molluscs *MO*

Egg *E*
 Fish *F*
 Lupin *L*

Nuts *N* 
 Vegan 

Pork *PO*
 Milk *M*
 Mustard *MU*

Peanuts *P*
 Sesame *SE*
 Soya *S*
 Sulphites *SD*

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