



Week Commencing 12th March 2018



LUNCH

MONDAY

Agedashi with buckwheat noodles

£2.35



(G, E, S)

Darwin fish pie with a cheese and pretzel crust

£2.90

(M, G, MU, F)

Chilli con carne finished with 70% dark chocolate

£2.60

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Gluten free pasta with roasted pepper and tomato sauce

£2.35



(G, E, M, SD)

TUESDAY

Mediterranean stuffed peppers

£2.35



(M, N, G)

Smoked haddock fish cakes with creamed leeks

£2.90

(CE, G, F, SD)

Chicken, smoked pancetta and bean stew with crispy sage

£2.35

(CE, M, SD)

Korean noodles with garlic and ginger stir-fried vegetables and egg noodles

£2.60

(G, S)

WEDNESDAY

Roasted pepper and applewood smoked cheese quiche

£2.35

(G, E, M, N)

Pan roasted salmon with three tomatoes

£2.90

(F)

Spicy beef south African curry

£2.60

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Gluten free pasta with wild mushroom and mascarpone sauce

£2.35

(G, E, M, SD)

THURSDAY

Porcini mushroom bolognese with wholemeal spaghetti

£2.35

(CE, G, M)

Fish and prawn pasties

£2.60

(MO, F, G)

Crispy fennel pork belly with herb salsa

£2.60

(CE, SD)

Blackened Aubergine veggie chilli

£2.35



(S, M, CE)

FRIDAY

Lentil and barley burger with spicy fruit salsa

£2.35



(M, E, G)

Deep fried fish with tartar sauce

£2.90

(G, F)

Harissa and lime yoghurt lamb steak

£2.60

(G, M, S, SD)

Gluten free pasta with roasted butternut

£2.90



(G, E, M, SD)



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
Golden squash, pepper and tomato gratin £2.35 <i>(M, G)</i>	Mushroom and spinach, walnut crumble £2.35 <i>(M, G, CE)</i>	Chilli glazed tofu, asparagus and steamed rice £2.35 <i>(S, SE)</i>	Butternut and kale lasagne £2.35  <i>(M, G)</i>	Lightly spiced root vegetable casserole, herb dumplings £2.35 <i>(CE)</i>
Asian salmon & sweet potato tray bake £2.35 <i>(CE, F, SE, S)</i>	Zesty citrus haddock crushed potatoes, minted peas £2.60 <i>(F, SU)</i>	Hoki with wild rice, oregano and fennel £2.90 <i>(F)</i>	Scampi and tartar sauce with lemon £2.90 <i>(M, CR, G)</i>	Pesto and olive crusted fish with lemon and caper butter £2.90 <i>(F, G, SU, M)</i>
Shanghai-style chicken, pak choi and steamed basmati £2.90 <i>(S, SD)</i>	Indonesian beef rendang £2.35 <i>()</i>	Chicken and chorizo kebab, with herb bulger wheat and pomegranate £2.35 <i>(CE, G)</i>	Panko fried chilli chicken, egg noodles, and toasted peanuts £2.60 <i>(SE, S, G, E, M)</i>	Prosciutto, chorizo, rocket and mozzarella pizza £2.35 <i>(G, M)</i>
Chargrilled pork chop, creamy bacon and leek sauce £2.35 <i>(M, MU)</i>	Confit duck leg with star anise and orange sauce £2.90 <i>(CE, SU)</i>	Lamb kebab with mint pesto and smoked paprika potatoes £2.60 <i>(G)</i>	Roast loin of pork with caramelised apple and cider jus £2.60 <i>(M)</i>	Hot and spicy chicken wings Blue cheese dressing and celery £2.60 <i>(E, MU, M, CE)</i>

Allergen Key:

Celery <i>CE</i>	Egg <i>E</i>
Gluten <i>G</i>	Fish <i>F</i>
Crustaceans <i>CR</i>	Lupin <i>L</i>
Molluscs <i>MO</i>	

Nuts *N*
Vegan



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

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

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