### LUNCH

**MONDAY**
- **Vegetable and Quorn lasagne**  
  (CE, G, M)  
  £2.50

- **Grilled Salmon with Balsamic Onion Glaze**  
  (F, SD)  
  £3.40

- **Turkey Milanese with tomato sauce and spaghetti**  
  (G, E, M)  
  £2.70

- **Rib Eye Steak with peppercorn sauce**  
  (M, SD)  
  £3.75

**TUESDAY**
- **Beetroot, pumpkin and goat's cheese tarte tatin**  
  (M, G, E)  
  £2.70

- **Braised Italian style cod loin**  
  (F, SD)  
  £3.00

- **Caribbean Chicken with Mango and Rice**  
  (CE, M)  
  £3.00

- **Pasta bar (ask for details)**  
  £2.50

**WEDNESDAY**
- **Falafel with houmous cucumber yoghurt, red onion and chopped tomato**  
  (G, L, M)  
  £2.70

- **Quorn Enchiladas with rice and corn salad**  
  (G)  
  £2.50

- **Fillet of Hake with Veronique sauce**  
  (E, F, M, MU, SD)  
  £3.00

- **Kashmir Lamb curry**  
  (M, N)  
  £2.70

**THURSDAY**
- **Polenta and Parmesan fritters with apple relish**  
  (CE, M)  
  £2.50

- **Mustard-Grilled Salmon**  
  (F, MU)  
  £3.40

- **Steak and Ale pie with puff pastry crust**  
  (G, CE, E)  
  £2.70

- **Pasta bar (ask for details)**  
  £2.50

**FRIDAY**
- **Sundried Tomato and Red pepper risotto with rocket salad**  
  (CE)  
  £2.50

- **Beer Battered Haddock, tartar sauce and lemon**  
  (G, M, E, SD, F, MU)  
  £3.00

- **Hoisin Chicken kebab with noodles and cucumber**  
  (G, S)  
  £2.70

- **Crispy Catfish with cucumber pickle banh mi**  
  (F, E, M, SD, S)  
  £3.00

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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 12th August 2019

DINNER

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>NO DINNER OR BRUNCH SERVICE UNTIL MONDAY 16TH SEPTEMBER</td>
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Allergen Key:

- Celery CE
- Gluten G
- Crustaceans CR
- Egg E
- Fish F
- Lupin L
- Nuts N
- Molluscs MO
- Sulphites SD
- Pork PO
- Milk M
- Mustard MU
- Peanuts P
- Sesame SE
- Soya S

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