



# Week Commencing 19<sup>th</sup> March 2018



## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Broccoli and brie quiche</b> £2.35  (G, E, L, M, N)	<b>Welsh Glamorgan vegetarian sausages with onion gravy</b> £2.35  (G)	<b>Sundried tomato gnocchi with rocket</b> £2.35  (G, E, M)	<b>Beef tomatoes stuffed with coconut vegetables</b> £2.35 ✓  (G, M, MU)	<b>Vegetable jambalaya</b> £2.35 ✓  (CE, G)
<b>Herby seafood crumble</b> £2.90  (G, CR, F, M, MO)	<b>Roast trout with spinach, sage and prosciutto</b> £2.90  (F, N)	<b>Hake with braised artichokes, peas &amp; bacon</b> £2.90  (CE, F, SD)	<b>Catfish with chipotle &amp; ancho chilli recado</b> £2.90  (I)	<b>Deep fried fish with tartar sauce</b> £2.90  (G)
<b>Breaded chicken with garlic and parsley butter</b> £2.60  (G, E, M)	<b>Denham farm state game &amp; red wine pie</b> £2.60  (CE, G, SD)	<b>Sweet potato and chicken curry</b> £2.60  (CE)	<b>Lamb and root vegetable cobbler</b> £2.60  (CE, G, M)	<b>Chicken, mushroom and tarragon pie with shortcrust pastry</b> £2.60  (CE, G, SD)
<b>Vegetables chimichangers</b> £2.35 ✓  (G, M)	<b>Today's' pasta with choice of two sauces</b> £2.35  (G, E, M, SD)	<b>Spicy chicken pasty with sticky pickle</b> £2.35  (CE, G, E, M)	<b>Today's' pasta with choice of two sauces</b> £2.35  (G, E, M, SD)	<b>Pork fajita</b> £2.60  (G, 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

Sweet potato and white bean chilli began

£2.35



(M)

Fish gumbo

£2.90

(CE, F, N, S)

Beef Banh mi with pickle

£2.60

(G, CR, E, M, MO, SE, S)

Red wine braised duck leg with baby onions and mushrooms

£2.35

(CE)

### TUESDAY

Baked aubergine stuffed with quinoa and vegetables

£2.35

(I)

Haddock and tomato bake

£2.90

(G, F, M)

Beef with park choi mushrooms and noodles

£2.60

(CE)

Chicken wellington with madeira sauce

£2.35

(G, E)

### WEDNESDAY

Vegan shepherds pie

£2.35



(CE, G, M)

Hot smoked salmon with chilli salsa

£2.90

(F)

Herby lamb burgers with beetroot mayo

£2.60

(G, E, F, M, MU, SD)

Tandoori grilled vegetables with nann bread and salad

£2.35

(M)

### THURSDAY

Sicilian aubergines stew with gnocchi

£2.35

(G, E, M, N, SD)

Vietnamese fish hot pot

£2.90

(CR, F, MU)

Pulled beef burritos

£2.60

(G, E, M)

Beef and pepper kebab with barbeque sauce, onion rings

£2.60

(G, E, F, M, SD)

### FRIDAY

Sweetcorn fritters with roasted pesto vegetables

£2.35

(G, E, M)

Prawn pad Thai

£2.90

(CR, N)

Pizza 2 x slices and rocket salad

£2.35

(G, M)

Fish fingers with homemade tomato ketchup

£2.60

(G, E, M, S)

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**

Allergen Key:

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