Week Commencing 17\textsuperscript{th} July 2017

**LUNCH**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Agedashi with buckwheat noodles  
£2.30  
(CE, S) | Vegetable kofta kebabs with cous cous  
£2.30  
(G, E, M, SD) | Roasted pepper quiche  
£2.30  
(G, E, L, M, N) | Mushroom & smoked cheddar bread & butter pudding  
£2.30  
(CE, F) | Asian bean cakes  
£2.30  
(G, SE, S) |
| Fillet of fish with prawn and fennel sauce  
£2.80  
(CR, F, MO) | Smoked haddock fish cakes with creamed leeks  
£2.80  
(CE, G, F, SD) | Pan roasted salmon with three tomatoes  
£2.80  
() | Fish and prawn pasties  
£2.55  
(G, CR, E, F, M) | Deep fried fish with tartar sauce  
£2.75  
(G, F) |
| Mustard mash-topped ham and leek pie  
£2.55  
(CE, G, SD) | Chicken and stilton pasty  
£2.30  
(CE, G, M, SD) | Spicy beef south African curry  
£2.55  
() | Belly of pork with red cabbage and apple compote  
£2.55  
(CE, SD) | Harissa and lime roasted chicken  
£2.55  
(G, M, N, SD) |
| Todays’ pasta with choice of two sauces  
£2.30  
(G, E, M, SD) | Korean beef with vegetables  
£2.55  
() | Todays’ pasta with choice of two sauces  
£2.30  
(G, E, M, SD) | Chilli con carne with jacket potato  
£2.30  
(CE, G, E, M) | Todays’ pasta with choice of two sauces  
£2.80  
(G, E, M, SD) |

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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 17th July 2017**

**DINNER**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke and broad bean risotto with deep fried mushrooms</td>
<td>Mushroom and nut crumble</td>
<td>Baked cheesy eggplant rolls</td>
<td>Asian mushroom and vegetable laksa</td>
<td>Roasted vegetable cannelloni</td>
</tr>
<tr>
<td>£2.30</td>
<td>£2.30</td>
<td>£2.30</td>
<td>£2.30</td>
<td>£2.30</td>
</tr>
<tr>
<td>(CE, G, M)</td>
<td>(CE, G, M)</td>
<td>(G, E, M)</td>
<td>(SE)</td>
<td>(G, E, M)</td>
</tr>
<tr>
<td>Asian salmon &amp; sweet potato tray bake</td>
<td>Fish goujons with lemon pepper mayonnaise</td>
<td>Smoked haddock potato pie</td>
<td>Scampi and tartar sauce with lemon</td>
<td>Keralan fish curry</td>
</tr>
<tr>
<td>£2.30</td>
<td>£2.55</td>
<td>£2.80</td>
<td>£2.80</td>
<td>£2.80</td>
</tr>
<tr>
<td>(CE, F, N, S)</td>
<td>(G, E, M, MU)</td>
<td>(G, CR, F, M, MO)</td>
<td>()</td>
<td>(F, MU)</td>
</tr>
<tr>
<td>The Darwin tuna burger with lemon and herbs</td>
<td>Chicken and prawn chow mein</td>
<td>Game sausages with root vegetable mash and sherry onion</td>
<td>Piri piri turkey fajitas</td>
<td>Pizza 2 x slices and rocket salad</td>
</tr>
<tr>
<td>£2.80</td>
<td>£2.30</td>
<td>£2.30</td>
<td>£2.55</td>
<td>£2.30</td>
</tr>
<tr>
<td>(G, SD)</td>
<td>(SE, SD, S)</td>
<td>(CE, M, SD)</td>
<td>(CE, G, E, M)</td>
<td>(G, M)</td>
</tr>
<tr>
<td>Turkey and chestnut mushroom stroganoff</td>
<td>Braised duck peas bacon and mint</td>
<td>Lamb kebab with mint pesto and farmhouse potatoes</td>
<td>Pan-Asian chicken laska</td>
<td>Chicken and pork hirata bun</td>
</tr>
<tr>
<td>£2.30</td>
<td>£2.80</td>
<td>£2.55</td>
<td>£2.55</td>
<td>£2.55</td>
</tr>
<tr>
<td>(CE)</td>
<td>(CE, M)</td>
<td>(SE, S)</td>
<td>(SE, S)</td>
<td>(G, S)</td>
</tr>
</tbody>
</table>

**Allergen Key:**

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

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