



# Week Commencing 19<sup>th</sup> February 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  
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## DINNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Sweet potato and white bean chilli began</b> £2.35</p> <p><i>(M)</i></p> <p></p>	<p><b>Baked aubergine stuffed with quinoa and vegetables</b> £2.35</p> <p><i>(I)</i></p>	<p><b>Vegan shepherds pie</b> £2.35</p> <p><i>(CE, G, M)</i></p> <p></p>	<p><b>Sicilian aubergines stew with gnocchi</b> £2.35</p> <p><i>(G, E, M, N, SD)</i></p>	<p><b>Sweetcorn fritters with roasted pesto vegetables</b> £2.35</p> <p><i>(G, E, M)</i></p>
<p><b>Fish gumbo</b> £2.90</p> <p><i>(CE, F, N, S)</i></p>	<p><b>Haddock and tomato bake</b> £2.90</p> <p><i>(G, F, M)</i></p>	<p><b>Hot smoked salmon with chilli salsa</b> £2.90</p> <p><i>(F)</i></p>	<p><b>Vietnamese fish hot pot</b> £2.90</p> <p><i>(CR, F, MU)</i></p>	<p><b>Prawn pad Thai</b> £2.90</p> <p><i>(CR, N)</i></p>
<p><b>Beef Banh mi with pickle</b> £2.60</p> <p><i>(G, CR, E, M, MO, SE, S)</i></p>	<p><b>Beef with park choi mushrooms and noodles</b> £2.60</p> <p><i>(CE)</i></p>	<p><b>Herby lamb burgers with beetroot mayo</b> £2.60</p> <p><i>(G, E, F, M, MU, SD)</i></p>	<p><b>Pulled beef burritos</b> £2.60</p> <p><i>(G, E, M)</i></p>	<p><b>Pizza 2 x slices and rocket salad</b> £2.35</p> <p><i>(G, M)</i></p>
<p><b>Red wine braised duck leg with baby onions and mushrooms</b> £2.35</p> <p><i>(CE)</i></p>	<p><b>Chicken wellington with madeira sauce</b> £2.35</p> <p><i>(G, E)</i></p>	<p><b>Tandoori grilled vegetables with nann bread and salad</b> £2.35</p> <p><i>(M)</i></p>	<p><b>Beef and pepper kebab with barbeque sauce, onion rings</b> £2.60</p> <p><i>(G, E, F, M, SD)</i></p>	<p><b>Fish fingers with homemade tomato ketchup</b> £2.60</p> <p><i>(G, E, M, S)</i></p>
<p>Allergen Key:</p>	<p>Celery <i>CE</i> Gluten <i>G</i> Crustaceans <i>CR</i> Molluscs <i>MO</i></p>	<p>Egg <i>E</i> Fish <i>F</i> Lupin <i>L</i></p>	<p>Nuts <i>N</i> Vegan </p> <p>Pork <i>PO</i> Milk <i>M</i> Mustard <i>MU</i></p>	<p>Peanuts <i>P</i> Sesame <i>SE</i> Soya <i>S</i> Sulphites <i>SD</i></p>

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