### Week Commencing 22\textsuperscript{nd} January 2018

#### LUNCH

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

If you have any allergies, please notify a member of staff
We welcome your comments, suggestions and feedback. You can leave yours here feedback
### 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 (CE, G, M)
- 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)

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

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