Week Commencing 21st May 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>Vegetable and Quorn lasagne</td>
<td>Beetroot, pumpkin and goat’s cheese tarte tatin</td>
<td>Falafel with houmous cucumber yoghurt, red onion and chopped tomato</td>
<td>Polenta and Parmesan fritters with apple relish</td>
<td>Sundried Tomato and Red pepper risotto with rocket salad</td>
</tr>
<tr>
<td>£2.35 (CE, G, M)</td>
<td>£2.35 (M, G, E)</td>
<td>£2.60 (G, M, I)</td>
<td>£2.35 (CE, M)</td>
<td>£2.35 (CE)</td>
</tr>
<tr>
<td>Grilled Seatrout with Balsamic Onion Glaze</td>
<td>Braised Italian style cod loin</td>
<td>Quorn Enchiladas with rice and corn salad</td>
<td>Mustard-Grilled Scandinavian Seatrout</td>
<td>Beer Battered Haddock, tartar sauce and lemon</td>
</tr>
<tr>
<td>£2.90 (F, SD)</td>
<td>£2.90 (F, SD)</td>
<td>£2.35 (G)</td>
<td>£2.90 (F, MU)</td>
<td>£2.90 (G, M, E, SD, F, MU)</td>
</tr>
<tr>
<td>Turkey Milanese with tomato sauce and spaghetti</td>
<td>Caribbean Chicken with Mango and Rice</td>
<td>Fillet of Hake with Veronique sauce</td>
<td>Steak and Ale pie with puff pastry crust</td>
<td>Hoisin Chicken kebab with noodles and cucumber</td>
</tr>
<tr>
<td>£2.60 (G, E, M)</td>
<td>£2.60 (CE, M)</td>
<td>£2.90 (F, F, M, MU, SD)</td>
<td>£2.60 (G, CE, E)</td>
<td>£2.60 (G, S)</td>
</tr>
<tr>
<td>Rib Eye Steak with peppercorn sauce</td>
<td>Gluten free pasta bar</td>
<td>Kashmir Lamb curry</td>
<td>Gluten free pasta bar</td>
<td>Crispy Catfish with cucumber pickle banh mi</td>
</tr>
<tr>
<td>£3.30 (M, SD)</td>
<td>£2.35 (ask for details)</td>
<td>£2.35 (M, N)</td>
<td>£2.35 (ask for details)</td>
<td>£2.60 (F, E, M, SD, S)</td>
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</tbody>
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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 21st May 2018

### DINNER

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean and Tomato chilli corn pie</td>
<td>Wild Mushroom Gnocchi with goats cheese</td>
<td>Carrot Cakes with harissa yoghurt and flat bread</td>
<td>Bean and Spinach korma</td>
<td>Quorn and Bean gumbo</td>
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<td>£2.35</td>
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<tr>
<td>(G, E, M, SD)</td>
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<td>(CE, G, E, F, M, SD)</td>
<td>(CE, G, MU, N)</td>
<td>(CE, G)</td>
</tr>
<tr>
<td>Malay-style braised fish</td>
<td>Smoked Haddock with chive and mussel risotto</td>
<td>Teriyaki Hoki With stir-fried veg and sesame</td>
<td>Nori Crusted Salmon</td>
<td>Breaded Fish fillet with herb mayonnaise</td>
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<td>£2.90</td>
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<tr>
<td>Irish Coddled pork with cider</td>
<td>Lamb filo pie</td>
<td>Duck tagine with clementine’s</td>
<td>Daube of Pork</td>
<td>Spaghetti Bolognais</td>
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<td>£2.60</td>
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<tr>
<td>(CE, SD)</td>
<td>(G, CE, M)</td>
<td>(CE, SD)</td>
<td>(CE, SD)</td>
<td>(CE, G, SD)</td>
</tr>
<tr>
<td>Caramel Chilli Chicken</td>
<td>Pork Loin Steak with onion rings and sweet corn</td>
<td>Coq au vin</td>
<td>Half Roast Chicken with bread sauce and natural jus</td>
<td>Moroccan Turkey with salad and flat bread</td>
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<td>£2.60</td>
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<tr>
<td>(CR, F, MO)</td>
<td>(G, E, M)</td>
<td>(CE, G, M, SD)</td>
<td>(CE, SD)</td>
<td>(G, L, M)</td>
</tr>
</tbody>
</table>

### Allergen Key:

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

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