## LUNCH

### MONDAY

- **Broccoli and brie quiche**
  - £2.35
  - (G, E, L, M, N)

- **Herby seafood crumble**
  - £2.90
  - (G, CR, F, M, MO)

- **Breaded chicken with garlic and parsley butter**
  - £2.60
  - (G, E, M)

- **Vegetables chimichangers**
  - £2.35
  - (G, M)

### TUESDAY

- **Welsh Glamorgan vegetarian sausages with onion gravy**
  - £2.35
  - (G)

- **Roast trout with spinach, sage and prosciutto**
  - £2.90
  - (F, N)

- **Denham farm state game & red wine pie**
  - £2.60
  - (CE, G, SD)

- **Todays’ pasta with choice of two sauces**
  - £2.35
  - (G, E, M, SD)

### WEDNESDAY

- **Sundried tomato gnocchi with rocket**
  - £2.35
  - (G, E, M)

- **Hake with braised artichokes, peas & bacon**
  - £2.90
  - (CE, F, SD)

- **Sweet potato and chicken curry**
  - £2.60
  - (CE)

- **Spicy chicken pasty with sticky pickle**
  - £2.35
  - (CE, G, E, M)

### THURSDAY

- **Beef tomatoes stuffed with coconut vegetables**
  - £2.35
  - (G, M, MU)

- **Catfish with chipotle & ancho chilli recado**
  - £2.90
  - (CE, G, S)

- **Lamb and root vegetable cobbler**
  - £2.60
  - (CE, G, M)

- **Todays’ pasta with choice of two sauces**
  - £2.35
  - (G, E, M, SD)

### FRIDAY

- **Vegetable jambalaya**
  - £2.35
  - (CE, G)

- **Deep fried fish with tartar sauce**
  - £2.90
  - (G)

- **Chicken, mushroom and tarragon pie with shortcrust pastry**
  - £2.60
  - (CE, G, SD)

- **Pork fajita**
  - £2.60
  - (G, E, M, SD, S)

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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 22\textsuperscript{nd} January 2018

#### DINNER

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

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