## 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><strong>£2.35</strong> (&lt;sup&gt;CE,G,M&lt;/sup&gt;)</td>
<td><strong>£2.35</strong> (&lt;sup&gt;M,G,E&lt;/sup&gt;)</td>
<td><strong>£2.60</strong> (&lt;sup&gt;G,L,M&lt;/sup&gt;)</td>
<td><strong>£2.35</strong> (&lt;sup&gt;CE,M&lt;/sup&gt;)</td>
<td><strong>£2.35</strong> (&lt;sup&gt;CE&lt;/sup&gt;)</td>
</tr>
<tr>
<td>Grilled Seatreout 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 Seatreout</td>
<td>Beer Battered Haddock, tartar sauce and lemon</td>
</tr>
<tr>
<td><strong>£2.90</strong> (&lt;sup&gt;F,SD&lt;/sup&gt;)</td>
<td><strong>£2.90</strong> (&lt;sup&gt;F,SD&lt;/sup&gt;)</td>
<td><strong>£2.35</strong> (&lt;sup&gt;G&lt;/sup&gt;)</td>
<td><strong>£2.90</strong> (&lt;sup&gt;F,MU&lt;/sup&gt;)</td>
<td><strong>£2.90</strong> (&lt;sup&gt;G, M, E, SD, F, MU&lt;/sup&gt;)</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><strong>£2.60</strong> (&lt;sup&gt;G,E,M&lt;/sup&gt;)</td>
<td><strong>£2.60</strong> (&lt;sup&gt;CE&lt;/sup&gt;)</td>
<td><strong>£2.90</strong> (&lt;sup&gt;F,F,M,MU,SD&lt;/sup&gt;)</td>
<td><strong>£2.60</strong> (&lt;sup&gt;G,CE,E&lt;/sup&gt;)</td>
<td><strong>£2.60</strong> (&lt;sup&gt;G, S&lt;/sup&gt;)</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><strong>£3.30</strong> (&lt;sup&gt;M,SD&lt;/sup&gt;)</td>
<td><strong>£2.35</strong> (ask for details)</td>
<td><strong>£2.35</strong> (&lt;sup&gt;M,N&lt;/sup&gt;)</td>
<td><strong>£2.35</strong> (ask for details)</td>
<td><strong>£2.60</strong> (&lt;sup&gt;F,E,M,SD,S&lt;/sup&gt;)</td>
</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](#).
**Week Commencing 26th February 2018**

## DINNER

### MONDAY

- **Bean and Tomato chilli corn pie**  
  £2.35  
  (G, E, M, SD)

- **Malay-style braised fish**  
  £2.90  
  (C, CR, F, S)

- **Irish Coddled pork with cider**  
  £2.60  
  (G, CE, SD)

- **Caramel Chilli Chicken**  
  £2.60  
  (CR, F, MO)

### TUESDAY

- **Wild Mushroom Gnocchi with goats cheese**  
  £2.35  
  (CE, G, E, M)

- **Smoked Haddock with chive and mussel risotto**  
  £2.90  
  (CE, F, M)

- **Lamb filo pie**  
  £2.60  
  (G, CE, M)

- **Pork Loin Steak with onion rings and sweet corn**  
  £2.60  
  (G, E, M)

### WEDNESDAY

- **Carrot Cakes with harissa yoghurt and flat bread**  
  £2.35  
  (CE, G, F, M, SD)

- **Teriyaki Hoki With stir-fried veg and sesame**  
  £2.90  
  (CE, G, SE, S)

- **Duck tagine with clementine’s**  
  £2.60  
  (CE, SD)

- **Coq au vin**  
  £2.60  
  (CE, G, M, SD)

### THURSDAY

- **Bean and Spinach korma**  
  £2.35  
  (CE, G, MU, N)

- **Nori Crusted Salmon**  
  £2.90  
  (F, M, SE)

- **Daube of Pork**  
  £2.60  
  (CE, SD)

- **Half Roast Chicken with bread sauce and natural jus**  
  £2.60  
  (CE, SD)

### FRIDAY

- **Quorn and Bean gumbo**  
  £2.35  
  (CE, G)

- **Breaded Fish fillet with herb mayonnaise**  
  £2.90  
  (G, E, M, SE)

- **Spaghetti Bolognaise**  
  £2.60  
  (CE, G, SD)

- **Moroccan Turkey with salad and flat bread**  
  £2.60  
  (G, L, M)

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**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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