**Week Commencing 19\textsuperscript{th} February 2018**

### LUNCH

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Broccoli and brie quiche \[£2.35\]  
\((G, E, L, M, N)\) | Welsh Glamorgan vegetarian sausages with onion gravy \[£2.35\]  
\((G)\) | Sundried tomato gnocchi with rocket \[£2.35\]  
\((G, E, M)\) | Beef tomatoes stuffed with coconut vegetables \[£2.35\]  
\((G, M, MU)\) | Vegetable jambalaya \[£2.35\]  
\((CE, G)\) |
| Herby seafood crumble \[£2.90\]  
\((G, CR, F, M, MO)\) | Roast trout with spinach, sage and prosciutto \[£2.90\]  
\((F, N)\) | Hake with braised artichokes, peas & bacon \[£2.90\]  
\((CE, F, SD)\) | Catfish with chipotle & ancho chilli recado \[£2.90\]  
\((\_\_)\) | Deep fried fish with tartar sauce \[£2.90\]  
\((G)\) |
| Breaded chicken with garlic and parsley butter \[£2.60\]  
\((G, E, M)\) | Denham farm state game & red wine pie \[£2.60\]  
\((CE, G, SD)\) | Sweet potato and chicken curry \[£2.60\]  
\((CE)\) | Lamb and root vegetable cobbler \[£2.60\]  
\((CE, G, M)\) | Chicken, mushroom and tarragon pie with shortcrust pastry \[£2.60\]  
\((CE, G, SD)\) |
| Vegetables chimichangas \[£2.35\]  
\((G, M)\) | Todays’ pasta with choice of two sauces \[£2.35\]  
\((G, E, M, SD)\) | Spicy chicken pasty with sticky pickle \[£2.35\]  
\((CE, G, E, M)\) | Todays’ pasta with choice of two sauces \[£2.35\]  
\((G, E, M, SD)\) | Pork fajita \[£2.60\]  
\((G, E, M, SD, S)\) |

---

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 19th February 2018

#### Dinner

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<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>
</tr>
<tr>
<td></td>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.35</td>
</tr>
<tr>
<td></td>
<td>(M)</td>
<td>()</td>
<td>(CE, G, M)</td>
<td>(G, E, M, N, SD)</td>
<td>(G, E, M)</td>
</tr>
<tr>
<td></td>
<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>
</tr>
<tr>
<td></td>
<td>£2.90</td>
<td>£2.90</td>
<td>£2.90</td>
<td>£2.90</td>
<td>£2.90</td>
</tr>
<tr>
<td></td>
<td>(CE, F, N, S)</td>
<td>(G, F, M)</td>
<td>(F)</td>
<td>(CR, F, MU)</td>
<td>(CR, N)</td>
</tr>
<tr>
<td></td>
<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>
</tr>
<tr>
<td></td>
<td>£2.60</td>
<td>£2.60</td>
<td>£2.60</td>
<td>£2.60</td>
<td>£2.35</td>
</tr>
<tr>
<td></td>
<td>(G, CR, E, M, MO, SE, S)</td>
<td>(CE)</td>
<td>(G, E, F, M, MU, SD)</td>
<td>(G, E, M)</td>
<td>(G, M)</td>
</tr>
<tr>
<td></td>
<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>
</tr>
<tr>
<td></td>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.60</td>
<td>£2.60</td>
</tr>
<tr>
<td></td>
<td>(CE)</td>
<td>(G, E)</td>
<td>(M)</td>
<td>(G, E, F, M, SD)</td>
<td>(G, E, M, S)</td>
</tr>
</tbody>
</table>

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

If you have any allergies, please notify a member of staff.

We welcome your comments, suggestions and feedback. You can leave yours here [feedback](#).