




	Monday	Tuesday	Wednesday	Thursday	Friday
 Flavour 4U	Pork & Beef Meatballs Homemade meatballs in a spicy tomato sauce £2.75 200 to 250 Calories	Pot Roasted Silverside of Beef Silverside of beef slowly pot roasted, potatoes & carrots £2.75 200 to 250 Calories	Chicken Salsa Breast of Chicken with leeks, carrots & herb salsa £2.75 185 to 200 Calories	Braised Lamb Shank Lamb shanks braised till tender with aubergine & tomatoes £2.75 200 to 250 Calories	Garlic Chicken Kiev Breast of Chicken filled with garlic butter, coated in breadcrumbs and baked till crispy £2.75 300 to 350 Calories
 Hot & Spicy 4U	Roast Fish of the day H Seasonal fish roasted with tomatoes, lemon & oregano £2.75 150 to 200 Calories	Traditional Fish pie Pieces of seafood in a creamy white wine sauce, mashed potato & cheese topping £2.75 200 to 250 Calories	Pan Fried Plaice H Fillet of plaice lightly pan fried with garlic butter £2.75 200 to 250 Calories	Salmon & Dill Fishcakes Fishcakes made with fresh salmon & dill lightly crumbed then cooked till golden. £2.75 200 to 250 Calories	Battered Fish Prime fillet of fish in a light batter deep fried until crispy £2.75 300 to 350 Calories
 Crunchy 4U	Baked Stuffed Courgettes V Courgettes stuffed with Moroccan style couscous £2.50 150 to 200 Calories	Mushroom Tagliatelle H V Tagliatelle pasta served with a mixture of seasonal mushrooms £2.50 150 to 200 Calories	Vegetable Hot Pot V A selection of seasonal vegetables in a tomato & herb sauce topped with thinly sliced potatoes £2.50 150 to 200 Calories	Vegetable Gratin V GF Aubergine, courgette & tomatoes with a mozzarella topping baked in the oven £2.50 200 to 250 Calories	Stuffed Field Mushrooms V H GF Fresh field mushrooms stuffed with peppers & cheese £2.50 150 to 200 Calories

H = Healthier Option
V = Vegetarian
GF = Gluten Free
A = Contains Alcohol

All dishes are prepared in an area where nuts and seeds are used.
 Calorie counts are approximate values