

### MON

## **TUES**

### WED

# **THURS**

### FRI

# MEAL DEAL

£2.90

Theme Days

HOT & SOUR **CHICKEN STEW WITH EGG NOODLES & STIR FRIED GREENS** (CE\*, E, MU\*, SO, G/W)

**SMOKEY BEEF &** LENTIL CHILLI CON **CARNE WITH** STEAMED RICE (G/B\*, O\*, R\*, W\*)

SAUSAGE & MASH WITH SEASONAL **VEGETABLES & ONION GRAVY** (MK, SU, G/W)

MOROCCAN CHICKEN CASSEROLE WITH ROASTED VEGETABLE RICE

**MEAT FEAST PIZZA** WITH CHIPS & HOUSE SALAD (MK, G/W)



HOT AND SOUR QUORN STEW WITH EGG **NOODLES & STIR FRIED GREENS** (CE\*, E, MU\*, SO, G/B, W)

**SMOKEY PLANT BASED CHILLI WITH** STEAMED RICE (G/B\*, 0\*, R\*, W\*)

**VEGGIE SAUSAGE &** 

MASH WITH SEASONAL **VEGETABLES & ONION GRAVY** (CE. MK. G/W)

MOROCCAN CHICKPEA CASSEROLE WITH **ROASTED VEGETABLE** 

> RICE 1

MARGHERITA PIZZA WITH CHIPS & HOUSE SALAD

(MK, G/W)

TOMATO & BASIL **PASTA** (CE, G/W)

CREAMY CAJUN **PASTA** (MK, MU, G/W)

**TOMATO & PESTO PASTA** (CE, MK, G/W)

**CREAMY CARBONARA** (MK. G/W)

**MEDITERRANEAN VEGETABLE PASTA** (G/W)





**PEACH & GINGER CRUMBLE WITH** CUSTARD (MK, G/W)

**CHOCOLATE & ORANGE CAKE WITH CREAM** (E, MK, SO\*, G/W)

APPLE TART WITH **CUSTARD** (MK, G/W)

JAM ROLY POLY (E, MK, SO\*, G/W)

CARROT CAKE (E, MK, SO\*, G/W)





JERK CHEESEBURGER WITH JERK KETCHUP & HOMEMADE WEDGES (MK, SE\*, SO, SU, G/W)



CORONATION CHICKEN CHEESY NAAN MELT WITH INDIAN SLAW (MK, MU\*, G/W)



**BEEF KOFTA** MEATBALL WRAP WITH HOUSE SALAD & **GARLIC SAUCE** (E. MK, SU, G/B\*, O\*, R\*, W)



**SWEET CHILLI CHICKEN WINGS** WITH SEASONED WEDGES & PICKLED CABBAGE (G/B, W)



PIRI PIRI CHICKEN **LEG & SEASONED** WEDGES



CE = CELERY CR = CRUSTACEAN

F = FISH G = GLUTEN G/B = BARLEY

G/O = OATSG/R = RYE

L = LUPIN MK = MILK

N = NUTS

MU = MUSTARD SE = SESAME \* = MAY CONTAIN





G/W = WHEAT

MO = MOLLUSCS

P= PEANUTS

SO = SOYA SU = SULPHUR DIOXIDE



MON

**TUES** 

WED

**THURS** 

FRI

MEAL DEAL

£2.90

Theme Vays

CHICKEN FAJITAS, NACHOS, SOUR **CREAM & SALSA** (MK, MU, SO\*, G/W) SWEDISH MEATBALLS, STEAMED RICE & **CREAM SAUCE** (MK. G/W)

**LEMON & THYME** ROAST CHICKEN, ROAST POTATOES, SEASONAL ROASTED **VEGETABLES & GRAVY** 

**BEEF & LENTIL** LASAGNE WITH GARDEN SALAD (MK, G/B\*, W)

FISH & CHIPS WITH FRESH MINTED MUSHY PEAS & **HOMEMADE TARTARE** SAUCE (E, F, G/W)

HALLOUMI & SPICY **VEGETABLE FAJITA** WITH SOUR CREAM & SALSA (MK, MU, G/W)

**SWEDISH VEGGIE** MEATBALLS. STEAMED RICE & CREAM SAUCE (CE\*, E\*, MK, MU\*, SE\*, SO, G/B, W)

**VEGETABLE MEATLOAF** WITH STICKY GLAZE & SEASONAL ROASTED **VEGETABLES** (CE, E, G/B, W)

ROASTED VEGETABLE LASAGNE WITH **GARDEN SALAD** (E\*, MK, G/W)

**CHEESE & ONION PASTY & CHIPS** (MK, G/W)

TOMATO & BASIL **PASTA** (CE, G/W)

**CREAMY CAJUN PASTA** (MK, MU, G/W)

TOMATO & PESTO **PASTA** (CE, MK, G/W)

CREAMY CARBONARA (MK, G/W)

**MEDITERRANEAN VEGETABLE PASTA** (G/W)



**ORANGE SYRUP SPONGE WITH VANILLA SAUCE** (E, MK, SO\*, G/W)

**EVE'S PUDDING WITH** CUSTARD (E, MK, SO\*, G/W)

WINTER FRUIT **CRUMBLE WITH** CUSTARD (MK, G/B\*, O, W) RICE PUDDING WITH FRUIT COULIS (MK)

JAM & COCONUT **SPONGE WITH** CUSTARD (E, MK, SO\*, SU, G/W)

# ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD



CARIBBEAN BEEF **NOODLE STIR FRY** (E, G/W)



**CHICKEN TIKKA** KEBAB, ONION **SALAD & MINT** YOGHURT (MK, G/W)



**FALAFEL WITH** LEBANESE PILAF, TOMATO & CUCUMBER (SU\*, G/B\*, O\*, R\*, W\*)



**MEXINESE SZECHUAN** CHICKEN NACHOS WITH NACHO CHEESE SAUCE, GREEN CHILLI & KIMCHI SLAW (MU\*, P\*, SO, G/W)



**CAJUN CHICKEN LEG & SEASONED CHIPS** 



CE = CELERY CR = CRUSTACEAN

E = EGGS G/B = BARLEY

G/O = OATSG/R = RYE

L = LUPIN MK = MILK

N = NUTS

MU = MUSTARD

SE = SESAME \* = MAY CONTAIN



ALLERGENS KEY:

F = FISH G = GLUTEN

G/W = WHEAT

MO = MOLLUSCS

P= PEANUTS

SO = SOYA SU = SULPHUR DIOXIDE



MON

**TUES** 

WED

**THURS** 

FRI

MEAL DEAL

£2.90

Theme Days

**BEEF & LENTIL BOLOGNESE WITH** PENNE AND GREEN SALAD (G/B\*, W)

CHICKEN STROGANOFF WITH STEAMED RICE & **BRAISED CABBAGE** (MK, MU, G/W)

**BEEF & LENTIL COTTAGE PIE WITH** SEASONAL GREEN **VEGETABLES & GRAVY** (G/B\*, W\*)

**CHICKEN & PEPPERONI** JAMBALAYA (CE, E\*, MK, MU, SO\*, G/W\*)

**FOLDED NAAN** PEPPERONI PIZZA POCKET & CHIPS (MK, G/W)

MAC & CHEESE WITH **HOUSE SALAD** (MK, G/W)

**CHICKPEA** STROGANOFF WITH STEAMED RICE & **BRAISED CABBAGE** (MK, MU, G/W)

SHEPHERDESS PIE WITH SEASONAL GREEN **VEGETABLES & GRAVY** (CE, E, MK, G/B)

**ROASTED VEGETABLE** & CHICKPEA **JAMBALAYA** (CE, MU)

1

**FOLDED NAAN PIZZA POCKET & CHIPS** (MK, G/W)

TOMATO & BASIL **PASTA** (CE, G/W)

**CREAMY CAJUN PASTA** (MK, MU, G/W)

TOMATO & PESTO **PASTA** (CE, MK, G/W)

CREAMY CARBONARA (MK, G/W)

**MEDITERRANEAN VEGETABLE PASTA** (G/W)



**BANANA & BERRY** LOAF (E, MK, SO\*, G/W)

**BREAD & BUTTER PUDDING WITH** CUSTARD (E, MK, SO, G/B, O, R, W)

STICKY TOFFEE **PUDDING WITH** BUTTERSCOTCH SAUCE (E, MK, SO\*, G/W)

**APPLE CRUMBLE & CUSTARD**  $(MK, G/B^*, O, W)$ 

**CHOCOLATE & ORANGE MARBLE** CAKE (E, MK, SO\*, G/W)





REGGAE REGGAE **VEGETABLE** LOADED NACHOS

1



**BEEF KEEMA QUESADILLA WITH LIME & CORIANDER** (MK, G/W)



**CHICKEN SHAWARMA** WITH GRILLED PITTA, **KEBAB SHOP SALAD & TZATZIKI** (MK, G/W)



**BANG-BANG CHICKEN NOODLES WITH** SMACKED CUCUMBER SALAD (E, MU\*, SO, G/W)



TEXAN BBQ CHICKEN

**LEG & SEASONED** 

CHIPS





ALLERGENS KEY:

CE = CELERY CR = CRUSTACEAN E = EGGS

G = GLUTEN G/B = BARLEY

F = FISH

G/O = OATSG/R = RYE G/W = WHEAT L = LUPIN MK = MILK

N = NUTS MO = MOLLUSCS P= PEANUTS

MU = MUSTARD

SE = SESAME \* = MAY CONTAIN SO = SOYA SU = SULPHUR DIOXIDE

