# WEEK COMMENCING 9TH DECEMBER 2019

## LUNCH

### MONDAY
- Leek and potato soup £1.50
- Chickpea and butternut squash tagine £2.50
- Spinach & blue cheese risotto £2.50 (MILK)
- Seabass fillet with sweet chilli stir fired vegetables £3.85 (FISH)
- Beef stew & dumplings £3.00 (GLUTEN, CELERY)
- Roasted new potatoes / Coriander couscous (Gluten) £0.50
- Green beans / Mange tout & leeks £0.50

### TUESDAY
- Vegetable soup £1.50
- Lentil and vegetable hotpot £2.50 (CELERY)
- Vegetable and nut roast with goat’s cheese £2.50 (NUTS, GLUTEN, EGG)
- Cod with bean cassoulet £3.85 (CELERY)
- Southern fried chicken goujons £3.00 (MILK, GLUTEN)
- Chips / Parsley paraisienne potatoes 0.50
- Kale / Sweetcorn 0.50

### WEDNESDAY
- Spiced Mexican bean soup £1.50 (CELERY)
- Spinach and lentil curry with turmeric rice £2.50 (MUSTARD)
- Mediterranean vegetable pasta bake £2.50 (GLUTEN, MILK)
- Salmon en croute with a herb cream sauce £3.85 (FISH, MILK, GLUTEN, EGG)
- Roasted glazed bacon loin £3.00 (CELERY, MUSTARD)
- Roast potatoes / Turmeric rice £0.50
- Baton carrots / Cauliflower cheese £0.50 (MILK, GLUTEN, MUSTARD)

### THURSDAY
- Courgette & mint soup £1.50
- Quinoa with roasted vegetables and basil oil £2.50
- 5 bean chilli with rice / Sour Cream £2.50 (MILK only the sour cream)
- Piri piri fish skewers £3.85 (FISH)
- Lamb moussaka £3.00 (GLUTEN, MILK)
- Spicy wedges (GLUTEN) / New potatoes £0.50
- Mixed vegetables / Broccoli £0.50

### FRIDAY
- Carrot and cumin soup £1.50
- Thai vegetable curry with rice £2.50
- Gnocchi and mozzarella bake £2.50 (MILK, GLUTEN)
- Battered fish of the day £3.85 (FISH, GLUTEN)
- Braised feather Blade steaks £3.00 (SULPHITES)
- Chips / MUSTARD mash £0.50
- Peas / Mushy peas £0.50
| **DINNER** |
|-----------------|-----------------|-----------------|-----------------|
| Leek and potato soup £1.50 | Vegetable soup | Spiced Mexican bean soup £1.50 (CELERY) | Courgette & mint soup £1.50 |
| Ratatouille stuffed aubergine £2.50 | Chef’s Special | Grilled marinated spiced halloumi on a Portobello mushroom £2.50 (MILK) | Butternut squash, pine nut and red pesto linguine £2.50 (Gluten) |
| Tuna steak with sautéed green beans a sesame seeds £3.85 (FISH, SESAME) | | Coley on a bed of spinach and tomato sauce £3.85 (FISH,) | Seabass with garlic roasted vegetables £3.85 (FISH) |
| Gammon steak with fried egg £3.00 (EGG) | | Chicken chasseur £3.00 (SULPHITES) | Doner kebab with pitta bread £3.00 (SULPHITES, GLUTEN) |
| Herby diced potatoes £0.50 | | Steamed new potatoes £0.50 | Parsley potatoes/Chips £0.50 |
| Carrots £0.50 | | Roasted vegetables £0.50 | Sautéed cabbage £0.50 |
| | | Vegan option available please ask | |