

MON

**TUES** 

WED

**THURS** 

FRI

MEAL DEAL

£2.90

Theme Days

MAIN E2.45 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\*, 0\*, 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)

00TS & SH00TS

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
WITH ROASTED
VEGETABLE RICE

MARGHERITA PIZZA WITH CHIPS & HOUSE SALAD (MK, G/W)

PASTA POPINA

TOMATO & BASIL Pasta (Ce, G/W)

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

CREAMY CARBONARA (MK, G/W) MEDITERRANEAN VEGETABLE PASTA (G/W)



**PUD** E1.20

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)

## ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD



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

E = EGGS



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

G/B = BARLEY



BEEF KOFTA
MEATBALL WRAP
WITH HOUSE SALAD &
GARLIC SAUCE
(E, MK, SU, G/B\*, 0\*,



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

P= PEANUTS



PIRI PIRI CHICKEN LEG & SEASONED WEDGES

SU = SULPHUR DIOXIDE



G/W = WHEAT

MO = MOLLUSCS





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Theme Vays

CHICKEN FAJITAS, NACHOS, SOUR **CREAM & SALSA** (MK, MU, 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)

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

FISH & CHIPS WITH

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

**SWEDISH VEGGIE** MEATBALLS, STEAMED RICE & **CREAM SAUCE** (CE\*, E\*, MK, MU\*, SE\*)

**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** 



ALLERGENS KEY:

CE = CELERY CR = CRUSTACEAN

G = GLUTEN E = EGGS G/B = BARLEY

F = FISH

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

N = NUTS P= PEANUTS

MU = MUSTARD

SE = SESAME \* = MAY CONTAIN SO = SOYA

SU = SULPHUR DIOXIDE

