

MON

TUES

WED

THURS

FRI

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)

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD



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 MEATBALLWRAP WITH HOUSE SALAD & GARLIC SAUCE (E, MK, SU, G/B*, 0*, R*, W)



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



PIRI PIRI CHICKEN **LEG & SEASONED** WEDGES

MEAL DEAL £3.10













ALLERGENS KEY:

CE = CELERY CR = CRUSTACEAN

G = GLUTEN E = EGGS G/B = BARLEY

F = FISH G/W = WHEAT

G/O = OATSL = LUPIN G/R = RYE

MK = MILK MO = MOLLUSCS

MU = MUSTARD N = NUTS P= PEANUTS

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





MEAL DEAL

£3.10

Theme Vays

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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



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Theme Vays

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)

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD



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



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