

# WEEKLY MENU 9th September 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b> £1.25	Cream of Cauliflower (V)	Parsnip and Apple (VE)	Italian Tuscan Bean Soup (VE)	Vegetable Broth (VE)	Carrot & Coriander (VE)
<b>THE MAIN EVENT</b> £4.65	Sweet & Sour Pork with Steamed Rice & Prawn Crackers	Lamb Keema served on a Cumin Spiced Flatbread, Dhal and crushed Poppadum's and Chutneys	Rokamama Slow cooked Char Sui Pork served with sticky rice or Sesame Tofu and Sticky rice and Rokamama House Sauce	Peri Peri Chicken served with Hot and Kicking Wedges	Battered Fish of the Day served with Tartare Sauce or Baked Pollock served with Roasted Vegetables and Basil Pesto
<b>VEGETRAIN OPTION</b> £4.65/£2.80	Spinach & Ricotta Cannelloni (V)	Potato Gnocchi served with Spicy Tomato Sauce	Mexican Vegetables with Feta and Cajun Roast Potatoes (V)	Vegetable Biryani served with Mango Chutney	Miso Roasted Aubergines served with Cauliflower Rice
<b>HOT DELI</b> £3.60	Spicy Meatball & Mozzarella Sub	Fish finger Bap with Gem Lettuce and Tartare Sauce	Spicy Jerk Chicken Wrap	Beetroot , Red Onion and Goats Cheese Tart served with Mixed Leaf	Ham ,Tomato and Cheese Toastie served with Chutney and Mixed Salad
<b>JACKET FILLING</b> £1.95	Quorn Chilli	Savoury Minced Beef	Spicy Lamb	Spicy pork	Spicy Chicken
<b>HOT DESSERT</b> £1.60	Rice Pudding	Warm Jam Doughnut Muffin	Chocolate Sponge with Chocolate Sauce	Apple Crumble	Banoffee Sponge