

WEEKLY MENU 9th March 2020



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TODAY'S SOUP £1.25	Courgette and Mint Soup(V)	Moroccan Chick pea and Spinach(V)	Curried Parsnip(VE)	Chunky Leek and Potato(VE)	Vegetable Broth (V)
THE MAIN EVENT £4.65	Sweet and Sour Chicken served with Egg Fried Rice and Prawn Crackers	Cajun Pork Rib Eye Steaks served with Slaw and Buttered Corn	EQ - Caribbean Chicken and Bean stew with Wholemeal Dumplings	FEAST -Massaman Beef Curry served with Coconut Rice and a Poppadum	Breaded Plaice served with Chips ,Lemon wedge and Tartare Sauce or Baked Fish Topped with Chorizo and Tomatoes
LIGHT BITE £2.80	Stir Fried Hoi sin Vegetables served with Egg Fried Rice (V)	Cajun Vegetable Wrap served with Pickled Cabbage, Red Rice and Chimichurri Sauce (V)	Caribbean Vegetable and Pepper Stew served with wholemeal Dumplings (VE)	Thai Red Tofu Curry served with Rice and Prawn Crackers (VE)	Roasted Vegetable Lasagne (V)
HOT DELI £3.60	Ham , Tomato ,Cheese and Gherkin Toastie served with Red Onion chutney and Mixed Leaf	Salmon Fishcake Bap with Dill and Lemon mayo and Crispy Iceberg Lettuce	Spring Rolls served with Rice and Sweet and Sour Sauce(VE)	Cheese and Bacon Beef burger	Tandoori Chicken Flatbread ,Raita and Chutney
JACKET FILLING £1.95	Beef Chilli	Chicken Curry	Beans and Sausages	Spicy Chicken Stew	Beef and Vegetable Curry
HOT DESSERT £1.60	Spotted Dick	Pear and Chocolate crumble	Lemon Drizzle Sponge	Lemon Meringue Pie	Banana Pudding with Butterscotch Sauce