### Week Commencing 21\(^{st}\) October

#### LUNCH

**MONDAY**
- **Mushroom Agedashi noodles**
  - (G, S, CE)
  - £2.75

- **Pasta bar**
  - (G, E)
  - £2.60

- **Darwin fish pie with a pretzel and cheddar crust**
  - (M, G, MU, F)
  - £2.75

- **Buttermilk fried chicken, Frank’s Hot sauce, basil & garlic mayo**
  - (M, E, G)
  - £3.25

**TUESDAY**
- **Porcini mushroom bolognase with spaghetti**
  - (CE, G)
  - £2.60

- **Smoked haddock fish cakes with creamed leeks**
  - (M, CE, G, F, SD, E)
  - £2.75

- **Chicken, smoked bacon and bean stew with crispy sage**
  - (CE, M, SD)
  - £3.25

- **Korean noodles with garlic and ginger stir-fried vegetables and egg noodles**
  - (G, S, E)
  - £2.75

**WEDNESDAY**
- **Blackened Aubergine veggie chilli**
  - (S, CE)
  - £2.60

- **Roasted pepper and Applewood smoked cheese quiche**
  - (G, E, M, N)
  - £2.75

- **Pan roasted salmon with three tomatoes**
  - (F)
  - £3.40

- **Keralan curry**
  - (CE)
  - £3.25

**THURSDAY**
- **Mediterranean stuffed peppers**
  - (N, G)
  - £2.75

- **Butternut and kale lasagne**
  - (M, G)
  - £2.60

- **Fish curry, coriander and lemon**
  - (F, G, CR)
  - £3.25

- **Pork belly, toasted fennel seed crust, herb salsa**
  - (CE, SD)
  - £3.25

**FRIDAY**
- **Lentil and barley burger with spicy fruit salsa**
  - (G, S)
  - £2.75

- **Pasta bar**
  - (G, E)
  - £2.60

- **Beer battered fish of the day**
  - (G, F, E, SD)
  - £3.25

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Dishes may change at short notice, if you have any allergies, please notify a member of staff.

We welcome your comments, suggestions and feedback. You can leave yours here [feedback](#).
## Week Commencing 21st October

### DINNER

#### MONDAY
- **Golden squash, pepper and tomato gratin**  
  (CE)  
  £2.60

#### TUESDAY
- **Stir fried vegetables, smoky sweet & sour BBQ sauce, green herbs & brown rice**  
  (l)  
  £2.60

#### WEDNESDAY
- **Chilli glazed tofu, cauliflower and steamed rice**  
  (S, SE)  
  £2.75

#### THURSDAY
- **Tandoori Oumph!, tzatziki, pitta & salad**  
  (S, SE)  
  £3.25

#### FRIDAY
- **Lightly spiced root vegetable casserole, herb dumplings**  
  (CE, G, SD)  
  £2.60

#### MONDAY
- **Shanghai-style vegetables, pak choi and steamed basmati**  
  (S, SD)  
  £2.75

#### TUESDAY
- **Mushroom and spinach, walnut crumble**  
  (M, G, N, CE)  
  £2.60

#### WEDNESDAY
- **Vegetable kebab, with herb bulgur wheat and pomegranate**  
  (CE, G, M)  
  £2.60

#### THURSDAY
- **Butternut and kale lasagne**  
  (M, G)  
  £2.60

#### FRIDAY
- **Pesto and olive crusted fish with lemon and caper butter**  
  (F, G, SU, M)  
  £2.75

#### MONDAY
- **Asian salmon & sweet potato tray bake**  
  (CE, F, SE, S)  
  £3.40

#### TUESDAY
- **Zesty citrus haddock crushed potatoes, minted peas**  
  (F, SU)  
  £3.25

#### WEDNESDAY
- **Chicken and chorizo kebab, with herb bulgur wheat and pomegranate**  
  (CE, G)  
  £3.25

#### THURSDAY
- **Scampi and tartar sauce with lemon**  
  (M, CR, G)  
  £3.40

#### FRIDAY
- **Char-grilled pork chop, creamy bacon and leek sauce**  
  (M, MU)  
  £3.40

#### WEDNESDAY
- **Confit duck leg with star anise and orange sauce**  
  (CE, SU)  
  £3.40

#### THURSDAY
- **Hoki with wild rice, oregano and fennel**  
  (F)  
  £3.40

#### FRIDAY
- **Roast loin of pork with caramelised apple and cider jus**  
  (M)  
  £3.25

#### MONDAY
- **Shanghai-style vegetables, pak choi and steamed basmati**  
  (S, SD)  
  £2.75

#### TUESDAY
- **Mushroom and spinach, walnut crumble**  
  (M, G, N, CE)  
  £2.60

#### WEDNESDAY
- **Vegetable kebab, with herb bulgur wheat and pomegranate**  
  (CE, G, M)  
  £2.60

#### THURSDAY
- **Butternut and kale lasagne**  
  (M, G)  
  £2.60

#### FRIDAY
- **Pesto and olive crusted fish with lemon and caper butter**  
  (F, G, SU, M)  
  £2.75

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- **Roast loin of pork with caramelised apple and cider jus**  
  (M)  
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### Allergen Key:
- Celery CE
- Gluten G
- Crustaceans CR
- Egg E
- Fish F
- Nuts N
- Molluscs MO
- Pork PO
- Milk M
- Mustard MU
- Peanuts P
- Sesame SE
- Soya S

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