### Week commencing 04<sup>th</sup> December 2017

#### LUNCH

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Broccoli and brie quiche  
£2.35  
(G, E, L, M, N) | Welsh Glamorgan vegetarian sausages with onion gravy  
£2.35  
(G) | Sundried tomato gnocchi with rocket  
£2.35  
(G, E, M) | Beef tomatoes stuffed with coconut vegetables  
£2.35  
(G, M, MU) | Vegetable jambalaya  
£2.35  
(CE, G) |
| Herby seafood crumble  
£2.90  
(G, CR, F, M, MO) | Roast trout with spinach, sage and prosciutto  
£2.90  
(F, N) | Hake with braised artichokes, peas & bacon  
£2.90  
(CE, F, SD) | Catfish with chipotle & ancho chilli recado  
£2.90  
() | Deep fried fish with tartar sauce  
£2.90  
(G) |
| Breaded chicken with garlic and parsley butter  
£2.60  
(G, E, M) | Denham farm state game & red wine pie  
£2.60  
(CE, G, SD) | Sweet potato and chicken curry  
£2.60  
(CE) | Lamb and root vegetable cobbler  
£2.60  
(CE, G, M) | Chicken, mushroom and tarragon pie with shortcrust pastry  
£2.60  
(CE, G, SD) |
| Vegetables chimichangas  
£2.35  
(G, M) | Todays’ pasta with choice of two sauces  
£2.35  
(G, E, M, SD) | Spicy chicken pasty with sticky pickle  
£2.35  
(CE, G, E, M) | Todays’ pasta with choice of two sauces  
£2.35  
(G, E, M, SD) | Pork fajita  
£2.60  
(G, E, M, SD, S) |

---

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 04\textsuperscript{th} December 2017**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet potato and white bean chilli began</td>
<td>Baked aubergine stuffed with quinoa and vegetables</td>
<td>Vegan shepherds pie</td>
<td>Sicilian aubergines stew with gnocchi</td>
<td>Sweetcorn fritters with roasted pesto vegetables</td>
</tr>
<tr>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.35</td>
</tr>
<tr>
<td>(M)</td>
<td>(CE, G, M)</td>
<td>(G, E, M)</td>
<td>(G, E, M, N, SD)</td>
<td>(G, E, M)</td>
</tr>
<tr>
<td>Fish gumbo</td>
<td>Haddock and tomato bake</td>
<td>Hot smoked salmon with chilli salsa</td>
<td>Vietnamese fish hot pot</td>
<td>Prawn pad Thai</td>
</tr>
<tr>
<td>£2.90</td>
<td>£2.90</td>
<td>£2.90</td>
<td>£2.90</td>
<td>£2.90</td>
</tr>
<tr>
<td>(CE, F, N, S)</td>
<td>(G, F, M)</td>
<td>(F)</td>
<td>(CR, F, MU)</td>
<td>(CR, N)</td>
</tr>
<tr>
<td>Beef Banh mi with pickle</td>
<td>Beef with park choi mushrooms and noodles</td>
<td>Herby lamb burgers with beetroot mayo</td>
<td>Pulled beef burritos</td>
<td>Pizza 2 x slices and rocket salad</td>
</tr>
<tr>
<td>£2.60</td>
<td>£2.60</td>
<td>£2.60</td>
<td>£2.60</td>
<td>£2.35</td>
</tr>
<tr>
<td>(G, CR, E, M, MO, SE, S)</td>
<td>(CE)</td>
<td>(G, E, F, M, MU, SD)</td>
<td>(G, E, M)</td>
<td>(G, M)</td>
</tr>
<tr>
<td>Red wine braised duck leg with baby onions and mushrooms</td>
<td>Chicken wellington with madeira sauce</td>
<td>Tandoori grilled vegetables with nann bread and salad</td>
<td>Beef and pepper kebab with barbeque sauce, onion rings</td>
<td>Fish fingers with homemade tomato ketchup</td>
</tr>
<tr>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.35</td>
<td>£2.60</td>
<td>£2.60</td>
</tr>
<tr>
<td>(CE)</td>
<td>(G, E)</td>
<td>(M)</td>
<td>(G, E, F, M, SD)</td>
<td>(G, E, M, S)</td>
</tr>
<tr>
<td>Allergen Key:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celery CE</td>
<td>Egg F</td>
<td>Nuts N</td>
<td>Pork PO</td>
<td>Peanuts P</td>
</tr>
<tr>
<td>Gluten G</td>
<td>Fish F</td>
<td></td>
<td>Milk M</td>
<td>Sesame SE</td>
</tr>
<tr>
<td>Crustaceans CR</td>
<td>Lupin L</td>
<td></td>
<td>Mustard MU</td>
<td>Soya S</td>
</tr>
<tr>
<td>Molluscs MO</td>
<td></td>
<td></td>
<td>Vegan</td>
<td>Sulphites SD</td>
</tr>
</tbody>
</table>

If you have any allergies, please notify a member of staff

We welcome your comments, suggestions and feedback. You can leave yours here feedback