

|   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|--|---|---|--|--|
| <b>Soup</b><br>Small £3.20<br>Large £3.90 | Broccoli and thyme<br><b>Contains: no allergens</b><br><b>85kcal</b> | Carrot and fennel<br><b>Contains: Celery, Wheat</b><br><b>225kcal</b> | Spiced cauliflower<br><b>Contains: Celery</b><br><b>195kcal</b> | Leek and potato<br><b>Contains: Celery</b><br><b>150kcal</b> | Pastina soup<br><b>Contains: Celery, Wheat</b><br><b>195kcal</b> |

| 1                | Meat £6.15  | Vegetarian £5.55   | Vegan £5.55   | Sides £2.10                    |
|------------------|---|--|---|--------------------------------|
| <b>Monday</b>    | Pork belly burrito, pickled red cabbage, black beans, tortilla<br><b>Contains: Wheat,</b><br><b>660kcal</b> | Black bean and vegetable enchilada<br><b>Contains: Celery, Sulphites</b><br><b>435kcal</b>   | Tofu Bibimpap Rice bowl and pickled cucumber<br><b>Contains: Soy, Wheat, Sesame</b><br><b>725kcal</b>   | Mixed leaves                   |
| <b>Tuesday</b>   | Jeera Chicken, basmati rice, poppadom, mango chutney<br><b>Contains: Wheat</b><br><b>710kcal</b>            | Chickpea and spinach masala, basmati rice, poppadom, aubergine and lime pickle<br><b>Contains: Mustard, Wheat,</b><br><b>510kcal</b> | Tofu Bibimpap Rice bowl and pickled cucumber<br><b>Contains: Soy, Wheat, Sesame</b><br><b>725kcal</b>   | Naan, saag aloo, samosa, bhaji |
| <b>Wednesday</b> | Penne Bolognese bake, garlic bread<br><b>Contains: Celery, Wheat</b><br><b>915kcal</b>                      | Creamy tagliatelle with walnuts, broad beans, peas and broccoli, Mixed leaves<br><b>Contains: Walnuts, Wheat,</b><br><b>790kcal</b>  | Tofu Bibimpap Rice bowl and pickled cucumber<br><b>Contains: Soy, Wheat, Sesame</b><br><b>725kcal</b>   | Mixed leaves, garlic bread     |
| <b>Thursday</b>  | Chicken bunny chow, grated chilli and carrot<br><b>Contains: Sulphites Wheat,</b><br><b>615kcal</b>         | Chickpea bunny chow, grated chilli and carrot<br><b>Contains: Wheat, Sulphites</b><br><b>710kcal</b>                                 | BBQ Glazed Corn Ribs, Refried Beans, Coleslaw & Fries<br><b>Contains: Soy, Wheat,</b><br><b>800kcal</b> | Mixed leaves, fries            |
| <b>Friday</b>    | Fish and chips £7.15<br><b>Contains: Wheat, Barley, Eggs, Fish (pollock), Mustard</b><br><b>850kcal</b>     | Banana blossom & chips £6.95<br><b>Contains: Wheat, barley</b><br><b>830kcal</b>   | BBQ Glazed Corn Ribs, Refried Beans, Coleslaw & Fries<br><b>Contains: Soy, Wheat,</b><br><b>800kcal</b> |                                |