

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Small £3.20 Large £3.90	Red pepper and tomato Contains: Wheat	Squash and butterbean Contains: Wheat	Sweetcorn and spring onion chowder Contains: Wheat	Potato and watercress Contains: No allergens	Thai squash and basil Contains: Celery

3	Meat £6.15	Vegetarian £5.55	Vegan £5.55	Sides £2.10
Monday	Chermoula Chicken with Frekkeh & Broccoli Contains: Sulphites	Jackfruit and cheese arepa, pico de gallo Contains: Sulphites	Lebanese aubergine Yahknet, moujadara Contains: Soy, Sulphites, Wheat 490kcal	Mixed leaves
Tuesday	Chettinad Chicken, rice, grilled peppers, mango chutney Contains: Sulphites	Rajma Masala, rice, mango chutney Contains: Wheat, Milk	Lebanese aubergine Yahknet, moujadara Contains: Soy, Sulphites, Wheat 490kcal	Naan, saag aloo, samosa, bhaji
Wednesday	Cottage pie, roasted seasonal veg & gravy Contains: Wheat, Milk, Celery	Squash and leek roulade, roast potatoes Contains: Wheat, Milk, Sulphites	Lebanese aubergine Yahknet, moujadara Contains: Soy, Sulphites, Wheat 490kcal	Roast potatoes, roast vegetables
Thursday	Marinated Pork Belly, fava bean houmous, red pepper chutney Contains: Wheat, Soy, Sesame	Baked Halloumi in tomato sauce, rocket salad Contains: Wheat, Sulphites, Celery	Spiced black bean burger and lime slaw, fries Contains: Wheat, Sulphites	Mixed leaves
Friday	Fish and chips £7.15 Contains: Wheat, Barley, Eggs, Fish (pollock), Mustard 850kcal	Banana blossom & chips £6.95 Contains: Wheat, barley 830kcal	Spiced black bean burger and lime slaw, fries Contains: Wheat, Sulphites	