

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Small £3.20 Large £3.90	Sweet potato and lentil Contains: no allergens 220kcal	Cauliflower and cheese Contains: Milk 100kcal	Fajita spiced potato Contains: no allergens 320kcal	Spinach and mushroom Contains: Celery 140kcal	Tomato and chipotle Contains: no allergens 120kcal

4	Meat £6.15	Vegetarian £5.55	Vegan £5.55	Sides £2.10
Monday	Braised brown chicken stew, rice and peas Contains: Celery 890 kcal	Jamaican Style Stew, polenta fries Contains: Celery, Sulphites 1100 kcal	Spiced black bean burger and lime slaw, fries Contains: Wheat, Sulphites	Fries, polenta fries, rice
Tuesday	peking chicken, stir fry noodles, mango chutney Contains: Soy, Wheat 880kcal	Gocuchung cauliflower, sesame bok choy, rice Contains: Wheat, Sesame, Soy 690kcal	Spiced black bean burger and lime slaw, fries Contains: Wheat, Sulphites	Naan, saag aloo, samosa, bhaji
Wednesday	Greek style beef & Black bean meatball bake, orzo Contains: Wheat, Sulphites 950kcal	Vegetable & Lentil Moussaka & salad leaves Contains: Wheat, Celery 470kcal	Spiced black bean burger and lime slaw, fries Contains: Wheat, Sulphites	Fries, mixed leaves, orzo
Thursday	Braised Beef Brisket, Chimichurri Contains: no allergens 500kcal	Mushroom Chorizo, frijoles, rice Contains: Soy 495kcal	Tofu Bibimpap Rice bowl and pickled cucumber Contains: Soy, Wheat, Sesame 725kcal	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	Tofu Bibimpap Rice bowl and pickled cucumber Contains: Soy, Wheat, Sesame 725kcal	