

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Sweet potato and lentil	Cauliflower and cheese	Fajita spiced potato	Spinach and mushroom	Tomato and chipotle

4	Meat £6.15	Vegetarian £5.55	Vegan £5.55	Sides £2.10
Monday	Braised brown chicken stew, rice and peas	Jamaican Style Stew, polenta fries	Spiced black bean burger and lime slaw, fries	Fries, polenta fries, rice
Tuesday	peking chicken, stir fry noodles, mango chutney	Gocuchung cauliflower, sesame bok choy, rice	Spiced black bean burger and lime slaw, fries	Naan, saag aloo, samosa, bhaji
Wednesday	Greek style beef & Black bean meatball bake, orzo	Vegetable & Lentil Moussaka & salad leaves	Spiced black bean burger and lime slaw, fries	Fries, mix leaves, orzo
Thursday	Braised Beef Brisket, Chimichurri	Mushroom Chorizo, frijoles, rice	Tofu Bibimpap Rice bowl and pickled cucumber	Mixed leaves
Friday	Fish and chips	Banana blossom & chips	Tofu Bibimpap Rice bowl and pickled cucumber	