



Week commencing 2/10/23	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Chef's Special	Chilli con carne served with rice , sour cream and salad	Lemon chicken served with fluffy cous cous and salad	Prir prir pork steak served with Homemade potatoes wedges and salad	Sri Lankan beef curry served with spicy pepper rice and salad	
Vegetarian & Plant Based	Mixed bean and lentil chilli served with rice , sour cream and salad	Vegetarian Spaghetti pauitanesca served with salad	Sweet potato Burrito served with salsa , nachos and salad	Brinjal and potato curry served with Rice salad	Pasta and Broccoli cheese served with salad
Fresh Soup 	Curried parsnip soup (v)	Tomato and Basil soup (v)	Carrot and Coriander soup (v)	Roasted red pepper with Horseradish Soup (v)	Watercress and potato Soup (v)

FOOD ALLERGIES AND INTOLERANCES. Whilst we take every precaution to reduce the risks of cross contamination, please be aware that we prepare many of our products on site. Consequently there may be traces of various allergens present across our product range, Please speak with one of our Allergy Champions if you have any questions.