

Monday

Please choose from one of the following main course dishes:

Lamb Rogan Josh with Garlic & Coriander Naan Bread

Tender pieces of lamb, marinated in a unique blend of spices, slow cooked with tomatoes & onions, & finished with fresh coriander. Served with a garlic & coriander naan bread (contains wheat, dairy, nut & seed traces)

Chef's Special— Chicken and Olive Ta Jem

Leg of chicken, pot roasted with mild spices, olives, tomatoes & lemon juice

Pasta Sauces—served with Penne Pasta

Bolognese - A classic Italian dish made with minced beef, served with penne pasta
(contains wheat)

Garlic Mushroom (V) - Mushrooms sautéed & added to a white wine sauce
(contains wheat & dairy)

Covent Garden Pie (V)

A mixture of English vegetables & garden herbs smothered in a tasty white sauce, baked under a layer of golden puff pastry (contains wheat & dairy)

Please help yourself to a choice of the following

Whole French Green Beans

Baton Carrots

Lyonnais Potatoes (contains wheat, dairy, may contain nut traces)

Pilau Rice

Oven Baked Potatoes seasoned with Sea Salt

Self Service Salad Bar

A mixture of Lollo Rosso, Curly Endive, Radicchio & Iceberg Lettuce

Tomato Wedges

Sliced Cucumber

A selection of compound salads produced in house to accompany your meal

Should you require a salad as your main meal please ask our counter staff for the cold dish available tonight

Selection of Desserts Available

A choice from a variety of four desserts

Fresh Fruit

Yoghurts

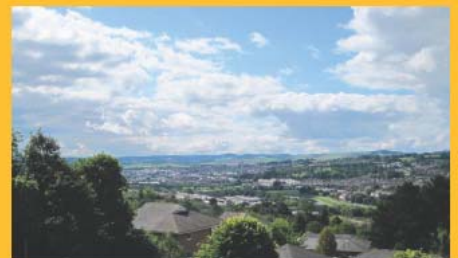
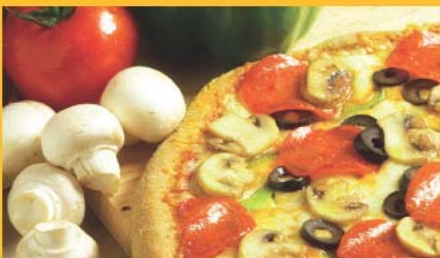
Cheese & Biscuits

* All meats are permissive meats

Please note, all items are subject to availability/change

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Tuesday

Please choose from one of the following main course dishes:

Thai Style Cod with Spiced Coconut Sauce

Fresh cod fillet in a Thai marinade, incorporating coriander, lemon grass & garlic, finished with a spicy coconut sauce (contains wheat, dairy & nuts)

Breaded Pork Escalope with Cider & Apple Chutney

Herb breaded turkey escalope, served with a local cider & apple chutney (contains wheat & dairy)

Macaroni Cheese topped with Asparagus & Cherry Tomatoes (V)

Lightly seasoned tubes of macaroni pasta cooked in a creamy cheddar cheese sauce, topped with asparagus, cherry tomatoes & golden cheese (contains wheat, dairy & nuts)

Spicy Mediterranean Vegetable Enchiladas (V)

Mexican wheat flour wraps filled with a selection of spiced Mediterranean vegetables, in a rich tomato sauce (contains wheat & dairy)

Please help yourself to a choice of the following

Fondant Potatoes (contains dairy)

Rice with Fresh Herbs

Oven Baked Potatoes seasoned with Sea Salt

Ratatouille (contains dairy and wheat)

Baby Corn

Baked Beans

Self Service Salad Bar

A mixture of Lollo Rosso, Curly Endive, Radicchio & Iceberg Lettuce
Tomato Wedges, Sliced Cucumber

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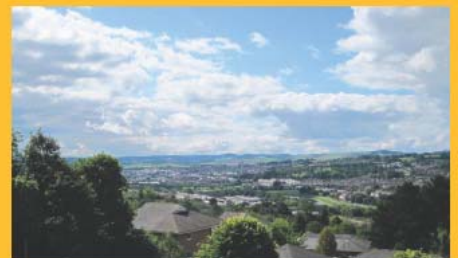
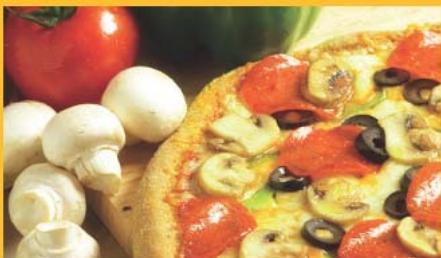
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Wednesday

Please choose from one of the following main course dishes:

Crispy Chilli Beef Stir Fry

Lightly coated tender beef strips with stir fried vegetables, laced with a spicy sweet chilli sauce & garnished with fresh coriander (contains wheat, dairy & nut traces)

Turkey and Ham Pie

Tender pieces of turkey & ham, in a creamy sauce laced with mustard, topped with golden crisp puff pastry (contains wheat & dairy)

Chef Special Pad Ped Jay (V)

Vegetables stir fried in an authentic Thai sesame and chilli sauce

Baguette Pizza (V)

Half an organic baguette topped with a rich tomato sauce, fresh basil, onion, tomatoes & golden melted cheese (contains wheat & dairy)

Please help yourself to a choice of the following

Egg Noodles (contains wheat & dairy)

Twister Fries (may contain nut trace)

Oven Baked Potatoes seasoned with Sea Salt

Fresh Vegetable Medley

Baked Beans

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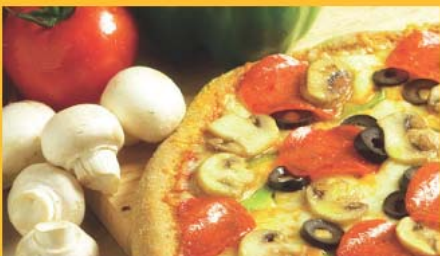
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Thursday

Please choose from one of the following main course dishes:

Chicken, Basil & Spinach Lasagne

Tender chicken pieces with spinach & fresh basil in a tomato sauce, layered with lasagne pasta & white sauce, topped with cheddar cheese (contains wheat & dairy)

Sausage Toulouse

French style sausages made of coarsely diced pork & garlic served in a rich red wine & onion gravy (contains wheat & dairy)

Ricotta Tortellini (V)

Tortellini pasta stuffed with ricotta cheese & served in a rich herb & garlic tomato sauce (contains wheat & dairy)

Roasted Tuscan Pepper (V)

Roasted red pepper stuffed with ratatouille, topped with Cheese sauce & breadcrumbs (contains wheat & dairy)

Please help yourself to a choice of the following

Leeks in a Cream Sauce
(contains wheat & dairy)

Broccoli

Baked Beans

Mashed Potatoes (contains dairy)

Sauté Potatoes (may contain nut traces)

Oven Baked Potatoes seasoned with Sea Salt

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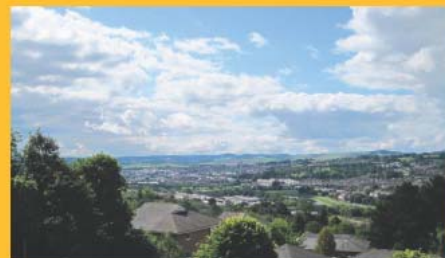
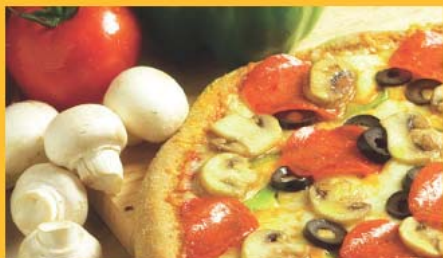
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Friday

Please choose from one of the following main course dishes:

Battered Fillet of Haddock with Tartare Sauce & Lemon Wedges

A battered fillet of haddock, served with tartare sauce & a wedge of lemon
(contains wheat,dairy & nut traces)

Chef's Special Daging Goring Halia

Tender beef, stir fried in a dark soy sauce with warming ginger slices
(contains wheat)

Pasta Sauces—Served with Penne Pasta

Carbonara - An Italian dish combining penne pasta with smoked bacon & sautéed button mushrooms, in a creamy sauce, with parmesan cheese, fresh parsley & chives (contains wheat & dairy)

Quorn Bolognese - Quorn mince sautéed with onions, garlic, oregano & basil combined with a rich tomato sauce. (contains wheat)

Stuffed Potato Shells with fresh Chunky Vegetables & a Texan BBQ Sauce (V)

Baked jacket potatoes skins, filled with a medley of fresh vegetables topped with a warm Texan BBQ sauce. (contains wheat & dairy)

Please help yourself from a choice of the following

Garden Peas

Cauliflower

Baked Beans

Pangang Noodles

Chipped Potatoes (contains wheat & nut traces)

Oven Baked Potatoes seasoned with Sea Salt

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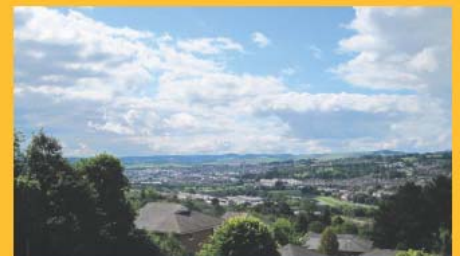
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Saturday

Please choose from one of the following main course dishes:

West Country Beef Steak with Cracked Black Pepper Sauce

A tender 6oz Westcountry steak, served with a cream & black peppercorn sauce, finished with fresh parsley (contains wheat & dairy)

Shepherd's Pie

Minced lamb sautéed with onion & herbs, in a rich beef gravy & topped with mashed potato (contains wheat & dairy)

Butternut Squash & Sage Risotto (V)

Oven roasted sweet-fleshed butternut squash, with delicate sage, finished with nutty pumpkin seeds

Cheese, Tomato & Basil Pasty (V)

Mature cheddar cheese & concasse tomato infused with fresh basil, wrapped together & baked in short crust pastry (contains wheat & dairy)

Please help yourself to a choice of the following

Sliced Green Beans

Sweetcorn

Baked Beans

Criss Cross Fries (contains wheat, may contain nut traces)

Garlic and Basil Baby Roast Potatoes (contains dairy)

Oven Baked Potatoes seasoned with Sea Salt

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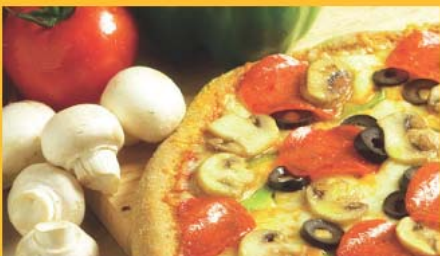
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Sunday

Please choose from one of the following main course dishes:

Roast Turkey with Cranberry Sauce

Roasted Devon turkey served with cranberry sauce & gravy (contains wheat)

Honey and Dijon Pork Loin Steak

A tender pork loin steak marinated in honey & dijon mustard, baked to perfection
(contains wheat & dairy)

Vegetable Chilli with Nachos & Sour Cream (V)

Sautéed seasonal vegetables, onions & garlic in a rich tomato sauce, with cumin, oregano & red kidney beans, served with nachos & sour cream (contains wheat, dairy & nuts)

Vegetarian Kiev (V)

A delicious selection of vegetables covered in a golden crispy crumb
(contains wheat & dairy)

Please help yourself to a choice of the following

Roast Parsnips

Cabbage (contains dairy)

Baked Beans

Roast Potatoes

Savoury Rice

Oven Baked Potatoes seasoned with Sea Salt

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