

Monday

Tuesday

Wednesday

Thursday

Friday

Weekly Menu

Soup	Tomato Soup (410kJ,98kcal)	Vegetable Soup (552kJ,132kcal)	Roasted Red Pepper and Tomato Soup (364kJ,87kcal)	Spiced Carrot & red Lentil Soup (494kJ,118kcal)	Spiced Butternut Squash Soup (607kJ,145kcal)
		ALTO GUSTO	Stove	Khana·Khana	
Mains	Proper Cornish Vegetable Pasty 2929kJ,700kcal) Gravy (75kJ,233kcal)	Herby Veg Centric Quorn Bolognaise (657kJ,157kcal)	Hot Dessert of The Day Chocolate Cake served with Custard	Seasonal Vegetable & Lentil Rogan Josh (1908kJ,456kcal)	Battered Tikka Halloumi (1900kJ,454kcal) Meat Free Battered Sausage (808kJ,193kcal)
	Homemade Chicken & Mushroom Pie (2577kJ,616kcal)	Herby Beef Bolognaise with Lentil & Carrots (1230kJ,294kcal)	Homemade Cauliflower & Broccoli Cheese Bake	Chicken Rogan Josh (1377kJ,329kcal)	Classic Battered Fish Fillet (2887kJ,690kcal)
	Gravy (75kJ,233kcal)	Garlic Bread (402kJ,96kcal)	Honey Roasted Gammon (1008kJ,241kcal)		
Sides	Mashed Potato (816kJ,195kcal)	Wholegrain Pasta (967kJ,231kcal)	Thyme Roast Potatoes	Bombay Potatoes (1033kJ,247kcal)	Crispy Chips (1799kJ,430kcal)
	Seasonal Garden Peas (343kJ,82kcal)	Tomato, Rocket, Red Onion & Italian Cheese Salad (138kJ,33kcal)	Savoy Cabbage	Boiled Rice (975J,233kcal)	Seasonal Garden Peas (343kJ,82kcal)
	Broccoli (105kJ,25kcal)	Crispy Chips (1799kJ,430kcal)	Glazed Honey Carrots	Poppadum (305kJ,73kcal)	Mushy Peas (385kJ,92kcal)
	Crispy Chips		Gravy	Chota Naan (502kJ,120kcal)	Gravy (75kJ,18kcal)
				Vegetable Samosa (552kJ,132kcal)	
				Onion Bhaji (230kJ,55kcal)	
Snacking	Beef Chilli, Rice & Tortillas	Southern Fried Chicken & Wedges	Fijian Chicken, Veg & Rice	Sausage, Mash & Peas	Steak & Kidney Pie