

Monday

Tuesday

Wednesday

Thursday

Friday

Soup

Mushroom Soup
(669kj, 160kcal)

Carrot & Coriander Soup
(452kJ,108kcal)

Spiced Butternut Squash
Soup
(607kJ,145kcal)

Tomato Soup
(410kJ,98cal)

Vegetable Soup
(552kJ,132kcal)

CASA LOCO

FILTHY BURGER

Stove

Khana·Khana

The
GOOD CATCH
Fish co.

Mains

Mexican Spiced Fajita
with Roasted
Vegetables, Refried
Beans, Chilli Slaw & Rice
in a Wrap
(2615kj, 625kcal)

Loaded Plant Burger
served in a Brioche Bun
(1636kj,391kcal)

Vegetable Cottage Pie
with a Chive Mash
Topping
(1870kj,447kcal)
Savoury Plant Mince
(381kj, 91kcal)

Vegetable Korma
(1448kJ,346kcal)

Cauliflower Wings
(1084KJ,259Kcal)
Meat Free Battered
Sausage (808kJ, 193kcal)

Mexican Spiced Fajita
Chicken, Refried Beans
& Chilli Slaw in a Wrap
(2895kj, 692kcal)

Loaded Chicken Burger
served in a Bun
£1720kj, 411 kcal)

Gravy
(75kj, 18kcal)
Cottage Pie with Topped
Cheddar Mash
(1590kj,380kcal)
Minced Beef
(611kj, 146kcal)

Chicken Tikka Curry
(1372kJ,328kcal)

Classic Battered Fish
Fillet (2887kJ,690kcal)
Battered Sausages
(1017kJ,243kcal)

Sides

Boiled Rice
(975kJ,233kcal)

Crispy Chips
(1799kj,430kcal)

Crispy Chips
(1799kj,430kcal)

Bombay Potatoes
Wedges (1033kJ,247cal)

Crispy Chips
(1799kJ,430kcal)

Crispy Chips
1799kj,430kcal)

Skin on Crispy Fries
(2247kj,537kcal)

Glazed Garden peas
(335kj, 80kcal)

Boiled Rice
(975kJ,233kcal)

Seasonal Garden Peas
(343kJ,82kcal)

Mexican Beans, Tomato
& Coriander Salad
(222kj,53kcal)

American Style Slaw
(113kj,27kcal)

Honey Roasted Parsnip &
Carrots
(247kj, 59kcal)
Hot Dessert

Poppadum
(305kJ,73kcal)

Chota Naan
(502kJ,120kcal)
Vegetable Samosa
(552kJ,132kcal)

Mushy Peas
(385kJ,92kcal)

Mixed Vegetable Medley

Carrot Cake served with
Custard

Onion Bhaji
(230kJ,55kcal)

Gravy (75kJ,18kcal)

Snacking

Breaded Crumb Chicken
& Wedges

Fruity Chicken Korma &
Rice

Beef Meatballs & Pasta

Spicy Vegetable Bake &
Garlic Bread

Minced Beef & Onion Pie

Weekly Menu