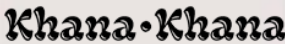


Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek & Potato Soup (452kj, 108kcal)	Carrot & Coriander Soup (452kJ, 108kcal)	Spiced Butternut Squash Soup (607kJ, 145kcal)	Tomato Soup (410kJ, 98cal)	Vegetable Soup (552kJ, 132kcal)
					
Mains	Sweet and Sour Stir Fried Vegetables VG Soy & Ginger Chicken	Loaded Plant Burger served in a Brioche Bun VG Loaded Chicken Burger served in a Bun	Homemade Vegetable Pie VG Roast Pork Loin served with Gravy	Squash & Paneer Tikka Chicken Korma Curry	Battered Tikka Halloumi Meat Free Battered Sausage)
Sides	Boiled Rice Spring Rolls Spicy Chilli Slaw Prawn Crackers Crispy Chips	Crispy Chips Mixed Vegetable Medley American Style Slaw Onion Rings	Demi Baguette Roast Potatoes Steamed Broccoli Corn on the Cob	Bombay Potatoes Wedges Boiled Rice Poppadum Chota Naan Vegetable Samosa Onion Bhaji	Classic Battered Fish Fillet Battered Sausages Crispy Chips Seasonal Garden Peas Mushy Peas Gravy Curry Sauce VG Vegan V Vegetarian
Snacking	Fijian Chicken, peas & Rice	Sausages, Mash Potato, Peas & Gravy	Sweet & Sour Chicken & Noodles	Southern Fried Chicken, Beans & Chips	Minced Beef & Onion Pie

Monday

Tuesday

Wednesday

Thursday

Friday

Cawl

Cawl Cennin a Thatws
(452kj,108kcal)

Cawl Moron a
Choriander
(452kJ,108kcal)

Cawl Pwmpen Cnau
Menyn Sbeislyd
(607kJ,145kcal)

Cawl Tomato
(410kJ,98cal)

Cawl Llysiau
(552kJ,132kcal)



FILTHYBURGER

Stove

Khana·Khana

The
GOOD CATCH
Fish co.

Prif Brydau

Llysiau Tro-Ffrio Chwerw
Felys
F

Byrgyr Deiet Planhigion
gyda Llenwadau mewn
Bynsen Brioche
F

Pei Llysiau Cartref
F

Tikka Paneer a
Phwmpen

Halloumi Tikka mewn
Cytew

Cyw Iâr Soi a Sinsir

Byrgyr Cyw Iâr gyda
Llenwadau mewn
Bynsen

Porc wedi'i Rostio gyda
Grefi

Cyrri Korma Cyw Iâr

Selsig Llysieuol mewn
Cytew

Reis wedi'i Ferwi

Sglodion Crensiog

Hanner Baguette

Talpiau Tatws Bombay

Ffiled o Bysgodyn mewn
Cytew

Crempogau Llysiau
wedi'u Rholio

Llysiau Cymysg

Tatws Rhost

Reis wedi'i Ferwi

Selsig mewn Cytew

Colsto Chilli Sbeislyd

Colsto Americanaidd

Brocoli wedi'i stemio

Chota Naan

Pys o'r Ardd

Cracers Corgimwch

Cylchoedd Winwns

Corn ar y Cob

Samosa Llysiau

Pys Slwtsh

Sglodion Crensiog

Bhaji Winwns

Grefi

Saws Cyrri

Byrbrydau

Cyw Iâr Ffijiaidd, Pys a
Reis

Selsig, Stwnsh Tatws,
Pys a Grefi

Cyw Iâr Chwerw Felys a
Nwdls

Cyw Iâr wedi'i Ffrio, Ffa
Pob a Sglodion

Pei Briwigig Cig Eidion a
Winwns

F Figan
Ll Llysieuol

Weekly Menu