

Monday

Tuesday

Wednesday

Thursday

Friday

Soup

Leek & Potato Soup
(452kJ,108kcal)

Mushroom Soup
(669kJ,160kcal)

Tomato Soup
(410kJ,98kcal)

Spiced Butternut Squash
Soup (607kJ,145kcal)

Minestrone Soup
(456kJ109kcal)

FILTHY BURGER

ALTO GUSTO

HOME
KITCHEN

Khana·Khana

The
GOOD CATCH
Fish co.

Mains

Loaded Plant
Cheeseburger in a
Brioche Bun
(1874kJ,448kcal)

Aubergine Parmigiana
(1397kJ,334kcal)

Hot Desset of the Day
Syrup Sponge served
with Custard

Chana Masala Chickpea
Curry
(590kJ,141kcal)

Cauliflower Wings
(1084KJ,259Kcal)

Loaded Cheese
Chickenburger in a
Brioche Bun
(2280kJ,545kcal)

Beef & Lentil Lasagne
(2075kJ,496kcal)

Broccoli & Stilton Tart
(2188kJ, 523kcal)

Chicken Korma Curry
(1439kJ,344kcal)

Meat Free Battered
Sausage (808kJ,193kcal)

Crispy Chips
(1799kJ,430kcal)

Roast New Potatoes
with Garlic & Rosemary
(904kJ,216kcal)

Roast Chicken Leg
marinated with
Garlic, Lemon & Herb
2004kJ, 479kcal)
Glazed Carrots
(251kJ60kcal)

Crispy Chips
(1799KJ,430kcal)

Sides

American Style Slaw
(113kJ,27kcal)

Sauteed Green Beans &
Onions
(259kJ,62kcal)

Mashed Swede
(151kJ,36kcal)

Boiled Rice
(975kJ,233kcal)

Seasonal Garden Peas
(343kJ,82kcal)

Onion Rings
(1293kJ,309kcal)

Garlic Bread
(402kJ,96kcal)

Roast Potatoes
(686kJ, 164kcal)

Poppadum
(305kJ,73kcal)

Mushy Peas
(385kJ,92kcal)

Mixed Vegetable
Medley

Rocket, Spinach &
Italian Cheese Salad
(96kJ,23kcal)

Gravy
75kJ,18kcal)

Chota Naan
(502kJ,120kcal)
Vegetable Samosa
(552kJ,132kcal)
Onion Bhaji
(230kJ,55kcal)

Gravy (75kJ,18kcal)

Snacking

Peruvian Chicken, Rice
& Peas

Sweet & Sour Chicken &
Noodles

Spicy Vegetable Bake &
Garlic Bread

Southern Fried Chicken
& Wedges

Minced Beef & Onion Pie

Weekly Menu