

~ Main Restaurant : Lunch ~

Week 1

Mon	Tue	Wed	Thu	Fri
631 Breakfast Core	631 Breakfast Core	631 Breakfast Core	631 Breakfast Core	631 Breakfast Core
Carrot & Coriander Soup T (£1.01)	Vegetable Broth (£1.01)	Pea & Mint Soup (reg) (£1.01)	Chunky Leek & Potato Soup (reg) (£1.01)	Indian Spiced Lentil Soup (£1.01)
~ Main A - Plus sides ~	~ Main A - Plus sides ~	~ Main A - Plus sides ~	~ Main A - Plus sides ~	~ Main A - Plus sides ~
Cottage Pie (£1.97)	Beef & Lentil Lasagne (£2.53)	Glazed Loin of Bacon (£2.84)	Chicken Tikka Masala (£2.53)	Tempura of Hake (£3.15)
Spring Greens (T) (79p)	Dressed Caesar Salad (66p)	Roasted Root Vegetables (79p)	Champ Potatoes (83p)	
~ Main B - Plus Sides ~	~ Main B - Plus Sides ~	~ Main B - Plus Sides ~	~ Main B - Plus Sides ~	~ Main B - Plus Sides ~
Thai Red Chicken Curry T (£2.53)	Chicken Tandoori (£2.84)	BBQ Pulled Chicken (£2.84)	Griddled 6oz Burger with Emmental & Smoked Bacon (£3.15)	Szechuan Beef, Noodles & Stir Fried Vegetables (£2.84)
	Warm Cous Cous (66p)	Creole Dirty Rice T	Piri Piri Coleslaw (66p)	
	~ Main C - Vegetarian - Plus sides	Tortilla Wraps 12" T	Skinny Fries T (£1.05)	
	Caramelised Red Onion & Brie Tart (£1.97)			
~ Main C - Vegetarian - Plus sides	Dressed Caesar Salad (66p)	~ Main C - Vegetarian - Plus sides	~ Main C - Vegetarian - Plus sides	~ Main C - Vegetarian - Plus sides
Pesto Tagliatelle with Roasted Vegetables T (£2.53)		Cauliflower Steak & Halloumi Burger (£2.84)	Quorn & Spinach Lasagne (£2.53)	Tarka Dhal (£2.53)
Garlic Bread Slice T (44p)				

~ Main Restaurant : Lunch ~

Mon	Tue	Wed	Thu	Fri
~ Vegetable & Potato SDM ~ Chips (£1.05) Baked Jacket Potato & Butter (92p)	~ Vegetable & Potato SDM ~ Chips (£1.05) Baked Jacket Sweet Potato (92p) Herby Roasted Parmentier Potatoes (T) (83p)	~ Vegetable & Potato SDM ~ Champ Potatoes (83p) Baked Jacket Potato & Butter (92p)	~ Vegetable & Potato SDM ~ Skinny Fries T (£1.05)	~ Vegetable & Potato SDM ~ Hand Cut Chips (£1.34) Baked Jacket Potato & Butter (92p)
Spring Greens (T) (79p)	House Salad (66p) Broccoli T (48p)	Roasted Root Vegetables (79p) House Salad (66p)	Baked Jacket Potato & Butter (92p) Sea Salt & Black Pepper Oven Baked Wedges (£1.34) 119Fine Green Beans (48p) House Salad (66p)	Peas Garden Choice T (48p)
		Chips 15mmT (£1.05) Savoy Cabbage (79p)		

Week 2

~ Main Restaurant : Lunch ~

Mon	Tue	Wed	Thu	Fri
631 Breakfast Core	631 Breakfast Core	631 Breakfast Core	631 Breakfast Core	631 Breakfast Core
Cream of Mushroom & Thyme Soup (£1.01)	Creamy Sweet Potato Soup (reg) (£1.01)	Vegetable Broth (£1.01)	Tomato & Pesto Soup (£1.01)	Cream Of Chicken Soup (reg) (£1.01)
~ Main A - Plus sides ~	~ Main A - Plus sides ~	~ Main A - Plus sides ~	~ Main A - Plus sides ~	~ Main A - Plus sides ~
Texas Style Beef Chilli (£2.84)	Panko Breaded Chicken with Katsu Sauce (£2.84)	Half a Lemon & Roasted Chicken (£2.84)	Mindful Turkey Burger (£2.84)	Tandoori Spiced Hake (£3.15)
Plain Taco Shells		Champ Potatoes (83p) Glazed Carrots T (79p)	Saute Potatoes (83p) Coleslaw, dressed (66p)	
~ Main B - Plus Sides ~	~ Main B - Plus Sides ~	~ Main B - Plus Sides ~	~ Main B - Plus Sides ~	~ Main B - Plus Sides ~
Breast of Chicken Chasseur (£2.84)	Stuffed Sausage & Bacon (£1.97)	Creamy Peppered Beef in Warm Baguette (£3.15)	Indian Beef Curry (£2.53)	Parmesan Crusted Chicken, Caesar Salad (£3.15)
Baby Potatoes Boiled T (83p)	Mashed Potatoes (63p)			
Roasted Root Vegetables (79p)				
~ Main C - Vegetarian - Plus sides	~ Main C - Vegetarian - Plus sides	~ Main C - Vegetarian - Plus sides	~ Main C - Vegetarian - Plus sides	~ Main C - Vegetarian - Plus sides
Chickpea Curry (£2.53)	Dorcas: Mushroom Burger, Beetroot Relish (£2.84)	Chickpea Samosas, Tzatziki & Pickled Cucumber (£2.84)	Spiced Falafel with Yoghurt & Pita Bread (£2.84)	Spiced Crusted Halloumi (£2.53)
Indian, Tomato Cucumber & Coriander Salad (66p)			Indian, Tomato Cucumber & Coriander Salad (66p) Cucumber & Onion Raita (75p)	Cauliflower Couscous Lemon & Chilli Roasted Courgettes (79p)

~ Main Restaurant : Lunch ~

Mon	Tue	Wed	Thu	Fri
~ Vegetable & Potato SDM ~ Chips (£1.05)	~ Vegetable & Potato SDM ~ Chips (£1.05)	~ Vegetable & Potato SDM ~ Chips (£1.05)	~ Vegetable & Potato SDM ~ Chips (£1.05)	~ Vegetable & Potato SDM ~ Chips (£1.05)
Baked Jacket Potato & Butter (92p) House Salad (66p)	Baked Jacket Potato & Butter (92p) Mashed Potatoes (63p)	Baked Jacket Potato & Butter (92p) Champ Potatoes (83p)	Baked Jacket Potato & Butter (92p) Saute Potatoes (83p)	Baked Jacket Potato & Butter (92p) Baby Potatoes Boiled T (83p)
Baby Potatoes Boiled T (83p)	Baked Jacket Potato & Butter (92p) Savoy Cabbage (79p)	Glazed Carrots T (79p)		Baby Potatoes Boiled T (83p) House Salad (66p)
	House Salad (66p)			Peas Garden Choice T (48p)

weil3

~ Main Restaurant : Lunch ~

Mon	Tue	Wed	Thu	Fri
631 Breakfast Core	631 Breakfast Core	631 Breakfast Core	631 Breakfast Core	631 Breakfast Core
Lentil & Tomato Soup T (£1.01)	Cream of Green Pea & Mint soup (veg) (£1.01)	Vegetable Broth (£1.01)	119 Celery & Apple Soup T (£1.15)	119 Curried Parsnip Soup T (£1.01)
~ Main A - Plus sides ~	~ Main A - Plus sides ~	~ Main A - Plus sides ~	~ Main A - Plus sides ~	~ Main A - Plus sides ~
Slow Braised Beef Steak & Carrot Pie (£1.97)	Roast Beef Topside (£3.15)	Honey Roasted Chicken Breast (£2.84)	Braised Beef Bourguignon (£2.53)	Gourmet Beef Burger 6oz (£2.84)
Champ Potatoes (83p)	Mashed Potatoes (63p)		Turmeric Rice (90p)	Homemade Battered Onions Rings (79p)
Mashed Carrot & Swede T (79p)	Broccoli T (48p)			
~ Main B - Plus Sides ~	~ Main B - Plus Sides ~	~ Main B - Plus Sides ~	~ Main B - Plus Sides ~	~ Main B - Plus Sides ~
Breaded Chicken Kiev (£2.84)	Pan Fried Sweet & Sour Chicken (£2.53)	Cheesy Baked Hake (£3.15)	Chilli Con Carne Pulled Pork Tortillas (Y) (£2.84)	Freshly Made Gourmet Chicken Burger (£2.84)
Spring Greens (T) (79p)			Pickled Red Cabbage (79p)	Coleslaw, dressed (66p)
~ Main C - Vegetarian - Plus sides ~	~ Main C - Vegetarian - Plus sides ~	~ Main C - Vegetarian - Plus sides ~	~ Main C - Vegetarian - Plus sides ~	~ Main C - Vegetarian - Plus sides ~
Sundried Tomato & Goats Cheese Tart (MC) (£1.97)	Jackfruit Sweet Potato Curry (NC) (£2.53)	Spicy Pepper & Bean Burritos T (£2.84)	Spinach with Goats Cheese & Salsa Quesadillas (£2.84)	Dorcas: Mushroom Burger, Beetroot Relish (£2.84)
Quinoa, Beetroot & Rocket Salad (66p)				119 Green Salad T (66p)

~ Main Restaurant : Lunch ~

Mon	Tue	Wed	Thu	Fri
~ Vegetable & Potato SDM ~ Chips (£1.05) Baby Potatoes Boiled T (83p)	~ Vegetable & Potato SDM ~ Chips (£1.05) Baked Jacket Potato & Butter (92p) Roast Potatoes (83p)	~ Vegetable & Potato SDM ~ Chips (£1.05) Baked Jacket Potato & Butter (92p) Spicy Potato wedges (£1.05) Peas Garden Choice T (48p)	~ Vegetable & Potato SDM ~ Sweet Potato Wedges (£1.55) Baked Jacket Potato & Butter (92p) 119Fine Green Beans (48p) Chips 15mmT (£1.05) 119Green Salad T (66p)	~ Vegetable & Potato SDM ~ Saute Potatoes (83p) Hand Cut Chips (£1.34) Peas Garden Choice T (48p) House Salad (66p)

Week 4

~ Main Restaurant : Lunch ~

Mon	Tue	Wed	Thu	Fri
631 Breakfast Core	631 Breakfast Core	631 Breakfast Core	631 Breakfast Core	631 Breakfast Core
119 Spicy Butternut Squash & Coconut Soup (T) (£1.01)	Minestrone Soup T (£1.01)	Spiced Red Lentil Soup (£1.01)	Vegetable Broth (£1.01)	Mushroom Soup T (£1.01)
~ Main A - Plus sides ~	~ Main A - Plus sides ~	~ Main A - Plus sides ~	~ Main A - Plus sides ~	~ Main A - Plus sides ~
119 Roast Chicken Breast (Deli) T (£2.84)	Chicken & Mushroom Pie (£1.97)	Chicken Jalfrezi (£2.53)	Roast Crown of Turkey (£3.15)	Tempura of Hake (£3.15)
Pepper Sauce	Baby Potatoes Boiled T (83p)		Champ Potatoes (83p)	
	Savoy Cabbage (79p)		Roasted Root Vegetables (79p)	
~ Main B - Plus Sides ~	~ Main B - Plus Sides ~	~ Main B - Plus Sides ~	~ Main B - Plus Sides ~	~ Main B - Plus Sides ~
Szechuan Soy-Braised Beef with Carrots (£2.53)	Beef Fajitas (£2.84)	Roast Loin of Pork, Apple Sauce & Gravy (£2.84)	Pork Sausage & Bramley Apple Turnover (£1.97)	Southern Fried Chicken Strips (£2.84)
	Coriander Roasted Baby Potatoes T (83p)			
	Piri Piri Coleslaw (66p)			
~ Main C - Vegetarian - Plus sides	~ Main C - Vegetarian - Plus sides	~ Main C - Vegetarian - Plus sides	~ Main C - Vegetarian - Plus sides	~ Main C - Vegetarian - Plus sides
Jackfruit Chimichurri Burrito (£2.84)	119 Penne Baked with Spinach & Courgettes (T) (£2.53)	Chickpea Curry (£2.53)	Tofu Black Bean & Quinoa Basil Dressing (vegan) (£2.84)	Mushroom, Puy Lentil & Spinach Korma (£2.53)
	Garlic Bread (44p)			
	119 Green Salad T (66p)	Garlic Spinach (79p)		

~ Main Restaurant : Lunch ~

Mon	Tue	Wed	Thu	Fri
~ Vegetable & Potato SDM ~ Chips (£1.05)	~ Vegetable & Potato SDM ~ Chips 15mmT (£1.05)	~ Vegetable & Potato SDM ~ Baked Jacket Potato & Butter (92p)	~ Vegetable & Potato SDM ~ Baked Jacket Potato & Butter (92p)	~ Vegetable & Potato SDM ~ Baked Jacket Potato & Butter (92p)
Baked Jacket Potato & Butter (92p)	Baked Jacket Potato & Butter (92p)	Chips 15mmT (£1.05)	Chips 15mmT (£1.05)	Baked Jacket Potato & Butter (92p)
Spring Greens (T) (79p)	Herby Roasted Parmentier Potatoes (T) (83p)	Chips 15mmT (£1.05)	Champ Potatoes (83p)	Hand Cut Chips (£1.34)
Glazed Lemon Carrots Sliced (prep) T (79p)	Coleslaw, dressed (66p)	Roasted Root Vegetables (79p)	Peas Garden Choice T (48p)	
Mashed Potatoes (63p)	Simple Baby Spinach Salad (75p)			