



Week Commencing 19th October 2020

Take-away hot meals ₃

LUNCH 12.00 noon – 2.00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mushroom Agedashi with rice <i>(G, S, CE)</i> £3.50	Porcini mushroom bolognaise with spaghetti <i>(CE, G)</i> £3.50	Blackened Aubergine veggie chilli <i>(S, CE)</i> £3.50	Mediterranean stuffed peppers <i>(G, CE)</i> £3.50	Lentil & barley burger, sesame, spicy fruit salsa <i>(G, S, SE)</i> £3.50	Vegan sausage bun, rocket, tomatoes, chilli hash <i>(G)</i> £3.50	Mushroom, butternut & spinach filo <i>(G)</i> £3.50
Buttermilk fried chicken, Frank's, basil & garlic <i>(M, E, G)</i> £3.75	Chicken, smoked bacon & bean stew with crispy sage <i>(CE, M, SD)</i> £3.75	Keralan chicken curry <i>(CE)</i> £3.75	Harissa and lime roast chicken <i>(G, M, SD)</i> £3.75	Beer battered fish of the day <i>(F, MU)</i> £3.75	Darwin chicken waffles <i>(G, M, E)</i> £3.75	Roast chicken, with trimmings <i>(CE, G, M, E)</i> £3.95

DINNER 6.00pm – 8.00pm

Golden squash, pepper and tomato gratin <i>(CE, G)</i> £3.50	Stir fried vegetables, BBQ sauce, herb brown rice () £3.50	Chilli glazed tofu, cauliflower, steamed rice <i>(S, SE)</i> £3.50	Tandoori Oumph! tzatziki, pitta & salad <i>(S, SE)</i> £3.50	Lightly spiced root veg casserole, herb dumplings <i>(CE, G, SD)</i> £3.50	Cauliflower & aubergine korma, rice, dahl + a beer <i>(MU, G, CEL, N)</i> £5.00	Vegan sausage, mash & gravy <i>(S, G)</i> £3.50
Asian salmon & sweet potato tray bake <i>(CE, F, SE, S)</i> £3.75	Confit duck leg with star anise and orange sauce <i>(CE, SD)</i> £3.75	Hoki with rice, orange and fennel <i>(F)</i> £3.75	Roast loin of pork with caramelised apple and cider <i>(M)</i> £3.75	Pesto & olive crusted fish with lemon & caper <i>(F, G, SD, M)</i> £3.75	Chicken Tikka, rice, dahl & naan + a beer <i>(G, MU, CE, N)</i> £5.00	Roast chicken, with trimmings <i>(CE, G, M, E)</i> £3.95



Allergen Key:

Celery CE **Egg E** **Nuts N** **Pork PO** **Peanuts P**
Gluten G **Fish F** **Molluscs MO** **Milk M** **Sesame SE**
Crustaceans CI **Lupin L** **Sulphites SD** **Mustard MU** **Soya S**

