AUTUMN MENU

WEEK 1
WEEK 2
WEEK 3

MEAL DEAL £2.80

	MON	TUES	WED	THURS	FRI
MAIN £2.45	CHICKEN FAJITAS, NACHOS, SOUR CREAM & SALSA (MK, MU, SO*, G/W)	SWEDISH MEATBALLS, STEAMED RICE & CREAM SAUCE (MK, G/W)	LEMON & THYME ROAST CHICKEN, ROAST POTATOES, SEASONAL ROASTED VEGETABLES & GRAVY	BEEF & LENTIL LASAGNE WITH GARDEN SALAD (MK, G/B*, W)	FISH & CHIPS WITH FRESH MINTED MUSHY PEAS & HOMEMADE TARTARE SAUCE (E, F, G/W)
ROOTS & SHOOTS £2.45	HALLOUMI & SPICY VEGETABLE FAJITA WITH SOUR CREAM & SALSA (MK, MU, G/W)	SWEDISH VEGGIE MEATBALLS, STEAMED RICE & CREAM SAUCE (CE*, E*, MK, MU*, SE*, SO, G/B, W)	VEGETABLE MEATLOAF WITH STICKY GLAZE & SEASONAL ROASTED VEGETABLES (CE, E, G/B, W)	ROASTED VEGETABLE LASAGNE WITH GARDEN SALAD (E*, MK, G/W)	CHEESE & ONION PASTY & CHIPS (MK, G/W)
PASTA POPINA £2.30	TOMATO & BASIL PASTA (CE, G/W) V	CREAMY CAJUN PASTA (MK, MU, G/W)	TOMATO & PESTO PASTA (CE, MK, G/W)	CREAMY CARBONARA (MK, G/W)	MEDITERRANEAN VEGETABLE PASTA (G/W) V
PUD £1.20	ORANGE SYRUP SPONGE WITH VANILLA SAUCE (E, MK, SO*, G/W)	EVE'S PUDDING WITH CUSTARD (E, MK, SO*, G/W)	WINTER FRUIT CRUMBLE WITH CUSTARD (MK, G/B*, O, W)	RICE PUDDING WITH FRUIT COULIS (MK)	JAM & COCONUT SPONGE WITH CUSTARD (E, MK, SO*, SU, G/W)

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD

STREET £2.60	CARIBBEAN BEEF NOODLE STIR FRY (E, G/W)	CHICKEN TIKKA KEBAB, ONION SALAD & MINT YOGHURT (MK, G/W)	FALAFEL WITH LEBANESE PILAF, TOMATO & CUCUMBER (SU*, G/B*, O*, R*, W*) V	MEXINESE SZECHUAN CHICKEN NACHOS WITH NACHO CHEESE SAUCE, GREEN CHILLI & KIMCHI SLAW (MU*, P*, SO, G/W)	CAJUN CHICKEN LEG & SEASONED CHIPS

Theme Days









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ALLERGENS KEY:

CE = CELERY, CR = CRUSTACEAN, E = EGGS, F = FISH, G = GLUTEN, G/B = BARLEY, G/O = OATS, G/R = RYE, G/W = WHEAT, L = LUPIN, MK = MILK, MO = MOLLUSCS, MU = MUSTARD, N = NUTS, P= PEANUTS, SE = SESAME, SO = SOYA, SU = SULPHUR DIOXIDE, * = MAY CONTAIN

Olive dining food with passion