

(Example menu only)

## The Kingfisher Kitchen Menu

**Main meal & one salad** (add an additional salad for £3.00  
or two for £5.50)

	Price	Kcal
Beef Lasagne	£10.50	825
Five Bean chilli Casserole (GF), (Ve)	£9.95	368
Courgette & Asparagus Quiche (V)	£10.50	605

**Salads** (choose two for £7.50 or three for £9.95)

	Kcal
Mixed leaf salad (GF) (V) (Ve)	36
Roasted Courgettes Provencal salad (GF) (Roasted Tomatoes, Onions, Garlic, White wine)	223
Vegan Nicoise salad (GF) (V) (Ve) (Green beans, Red onions, Olives, Tomatoes, Whole grain mustard)	209
Roasted Sweet Potato & Red Cabbage salad (GF) (V) (Ve) (Red onions, Chilli flakes, Coriander, Olive oil)	390

Adults need around 2000 Kcal a day

(GF) Gluten-Free, (V) Vegetarian, (Ve) Vegan