

WEEKLY MENU

WEEK BEGINNING

13th October

BEGBROKE
SCIENCE PARK
Café | Restaurant

MONDAY 13th

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
Lamb Moussaka served
with Garlic Bread and
Mixed Leaf Salad
£5.55

VEGETARIAN OPTION
Griddled Halloumi with
Flat Bread, Roasted
Vegetable Cous Cous and
Spicy Yoghurt Dressing
£5.55

Choice of Freshly Made
Cake, Dessert Pot, Yoghurt
Pot or Fruit Pot
From £2.00

TUESDAY 14th

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
Chicken Korma with
Coconut and Coriander
Rice, Mango Chutney and
Poppadums
£5.55

VEGETARIAN OPTION
Goats Cheese and Red
Onion Tart with Roasted
Parmentier Potatoes and
Mixed Leaf Salad
£5.55

Choice of Freshly Made
Cake, Dessert Pot, Yoghurt
Pot or Fruit Pot
From £2.00

WEDNESDAY 15th

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
BBQ Pulled Pork served
with Wedges and Sweet
Chilli Coleslaw
£5.55

VEGETARIAN OPTION
Vegan Vegetable Burger
served with Wedges and
Sweet Chilli Coleslaw
£5.55

Choice of Freshly Made
Cake, Dessert Pot, Yoghurt
Pot or Fruit Pot
From £2.00

THURSDAY 16th

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
Cottage Pie with a Leek
and Sweet Potato Topping
with Peas and Carrots
£5.55

VEGETARIAN OPTION
Lentil and Roasted
Vegetable Cottage Pie with
Leek and Sweet Potato
Topping with Carrots and
Peas
£5.55

Choice of Freshly Made
Cake, Dessert Pot, Yoghurt
Pot or Fruit Pot
From £2.00

FRIDAY 17th

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
Fish Finger Ciabatta served
with Chips, Lemon,
Handmade Tartare Sauce
and Mixed Leaf Salad
£5.55

VEGETARIAN OPTION
Mushroom, Spinach and
Tomato Pizza served with
Chips and Mixed Leaf
Salad
£5.55

Choice of Freshly Made
Cake, Dessert Pot, Yoghurt
Pot or Fruit Pot
From £2.00

Café in the CIE open 8am - 4pm. With a range of sweet & savoury take away items.



For allergy and nutritional information
please speak to a member of the team.
Adults need around 2000kcal a day.

