

WEEKLY MENU

WEEK BEGINNING
20th October

BEGBROKE
SCIENCE PARK
Café | Restaurant

MONDAY 20th

**DAILY FRESH HOT
SNACKS AND
SOUP OF THE DAY**
From £3.00

MAIN COURSE
Sweet and Sour Pork
served with Egg Fried Rice
and Green Beans
£5.55

VEGETARIAN OPTION
Sweet and Sour Tofu
served with Rice and
Green Beans
£5.55

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

TUESDAY 21st

**DAILY FRESH HOT
SNACKS AND
SOUP OF THE DAY**
From £3.00

MAIN COURSE
Beef Lasagne served with
Mixed Leaf Salad and
Garlic Bread
£5.55

VEGETARIAN OPTION
Spinach and Mushroom
Lasagne served with
Garlic Bread and Mixed
Leaf Salad
£5.55

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

WEDNESDAY 22nd

**DAILY FRESH HOT
SNACKS AND
SOUP OF THE DAY**
From £3.00

MAIN COURSE
Jerk Chicken Leg with
Rice, Peas and Rainbow
Slaw
£5.55

VEGETARIAN OPTION
Macaroni Cheese with
Green Salad and Garlic
Bread
£5.55

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

THURSDAY 23rd

**DAILY FRESH HOT
SNACKS AND
SOUP OF THE DAY**
From £3.00

MAIN COURSE
Handmade Cheeseburger
with Relish, Green Salad,
Coleslaw and Curly Fries
£5.55

VEGETARIAN OPTION
Aromatic Vegetable
Burger with Relish, Green
Salad, Coleslaw and Curly
Fries
£5.55

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

FRIDAY 24th

**DAILY FRESH HOT
SNACKS AND
SOUP OF THE DAY**
From £3.00

MAIN COURSE
Battered Pollock with
Chips, Peas, Lemon
Wedge and Tartare Sauce
£5.55

VEGETARIAN OPTION
Cheese and Tomato
Quiche served with Chips
and Peas
£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.

