

# WEEKLY MENU

WEEK BEGINNING

9th February



MONDAY  
9th

Daily Fresh Hot  
Snacks and  
Soup of the Day  
From £3.00

**MAIN COURSE**

Chicken Provencal served  
with Baby Potatoes,  
Broccoli and Cauliflower  
£5.55

**VEGETARIAN OPTION**  
Spinach and Chickpea  
Curry served with  
Steamed Rice,  
Poppadum's and Mango  
Chutney  
£5.55

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

TUESDAY  
10th

Daily Fresh Hot  
Snacks and  
Soup of the Day  
From £3.00

**MAIN COURSE**

Minced Beef and Potato  
Pie served with Sauté  
Potatoes and Sliced  
Carrots  
£5.55

**VEGETARIAN OPTION**  
Spanakopita served with  
Sauté Potatoes and Mixed  
Leaf Salad  
£5.55

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

WEDNESDAY  
11th

Daily Fresh Hot  
Snacks and  
Soup of the Day  
From £3.00

**MAIN COURSE**  
ALL DAY BRUNCH

**VEGETARIAN OPTION**  
ALL DAY BRUNCH

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

THURSDAY  
12th

Daily Fresh Hot  
Snacks and  
Soup of the Day  
From £3.00

**MAIN COURSE**

Chilli Con Carne served  
with Steamed Rice, Tortilla  
Chips and Sour Cream  
£5.55

**VEGETARIAN OPTION**  
Tagliatelle served with a  
Broccoli and Mushroom  
Sauce, Garlic Bread, Green  
Beans and Parmesan  
Cheese  
£5.55

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

FRIDAY  
13th

Daily Fresh Hot  
Snacks and  
Soup of the Day  
From £3.00

**MAIN COURSE**

Breaded Scampi served  
with Chips, Lemon Wedge,  
Handmade Tartare Sauce  
and Garden Peas  
£5.55

**VEGETARIAN OPTION**  
Tomato and Basil 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.

