

WEEKLY MENU

WEEK BEGINNING

28th September



MONDAY 28th

Daily Fresh Hot Snacks and Jacket Potatoes
From £3.50 - £4.50

MAIN COURSE

Pork and Leek Sausages in Onion Gravy served with Crushed Baby Potatoes and Savoy Cabbage
£5.95

VEGETARIAN OPTION

Roasted Vegetable Lasagne served with Mixed Leaf Salad and Garlic Bread
£5.95

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

TUESDAY 29th

Daily Fresh Hot Snacks and Jacket Potatoes
From £3.50 - £4.50

MAIN COURSE

Chicken Madras served with Coconut and Coriander Rice, Poppadum's and Mango Chutney
£5.95

VEGETARIAN OPTION

Spinach and Potato Frittata served with Roasted Baby Potatoes and Mixed Leaf Salad
£5.95

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

WEDNESDAY 30th

Daily Fresh Hot Snacks and Jacket Potatoes
From £3.50 - £4.50

MAIN COURSE

Quiche Lorraine served with Baby Potatoes and Mixed Leaf Salad
£5.95
Cheese Burger and Chips
£5.20

VEGETARIAN OPTION

Creamy Vegetable Pancakes served with Baby Potatoes and Mixed Leaf Salad
£5.95

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

THURSDAY 1st

Daily Fresh Hot Snacks and Jacket Potatoes
From £3.50 - £4.50

MAIN COURSE

Chicken Souvlaki served with Warm Pitta bread, Mixed Salad, Tzatziki and Sweet Potato Fries
£5.95

VEGETARIAN OPTION

Sweet Potato and Cauliflower Curry served with Rice, Poppadum's and Mango Chutney
£5.95

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

FRIDAY 2nd

Daily Fresh Hot Snacks and Jacket Potatoes
From £3.50 - £4.50

MAIN COURSE

Battered Pollack served with Chips, Mushy Peas, Lemon Wedge and Handmade Tartare Sauce
£5.95

VEGETARIAN OPTION

Spicy Lentil and Bean Enchilada's with Sour Cream, Tortilla's and Salad
£5.95

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.

