WEEKLY MENU

WEEK BEGINNING

2nd November

MONDAY 2nd	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th
Daily Fresh Hot Snacks, Soup & Jacket Potatoes From £3.00 - £4.50	**Daily Fresh Hot Snacks, Soup & Jacket Potatoes** From £3.00 - £4.50	**Daily Fresh Hot Snacks, Soup & Jacket Potatoes** From £3.00 - £4.50	**Daily Fresh Hot Snacks, Soup & Jacket Potatoes** From £3.00 - £4.50	**Daily Fresh Hot Snacks, Soup & Jacket Potatoes** From £3.00 - £4.50
MAIN COURSE Creamy Chicken, Bacon and Sweetcorn Puff Pastry Topped Pie served with Mashed Potatoes and Garden Peas £5.95	**MAIN COURSE** Beef Lasagne served with Garlic Bread and Mixed Leaf Salad £5.95	**MAIN COURSE** Katsu Chicken served with Wild Rice and Sesame coated Broccoli £5.95	**MAIN COURSE** Roast Loin of Pork served with Apple Sauce, Stuffing, Roast Potatoes and Savoy Cabbage £5.95	**MAIN COURSE** Breaded Cod served with Chips, Lemon, Handmade Tartare Sauce and Mushy Peas £5.95
VEGETARIAN OPTION Creamy Vegetable Puff Pastry Topped Pie served with Mashed Potatoes and Garden Peas £5.95	**VEGETARIAN OPTION** Spinach and Mushroom Lasagne served with Garlic Bread and Mixed Leaf Salad £5.95	**VEGETARIAN OPTION** Sweet and Sour Tofu served with Wild Rice and Green Beans £5.95	**VEGETARIAN OPTION** Red Lentil and Pepper Loaf served with Roast Potatoes and Savoy Cabbage £5.95	**VEGETARIAN OPTION** Cauliflower Cheese served with Chips and Salad £5.95
Choice of Freshly Made Cake, Dessert Pot, Yoghurt Pot or Fruit Pot From £2.00	**Choice of Freshly Made Cake, Dessert Pot, Yoghurt Pot or Fruit Pot** From £2.00	**Choice of Freshly Made Cake, Dessert Pot, Yoghurt Pot or Fruit Pot** From £2.00	**Choice of Freshly Made Cake, Dessert Pot, Yoghurt Pot or Fruit Pot** From £2.00	**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.