WEEKLY MENU

WEEK BEGINNING
9th November

MONDAY 9th	TUESDAY 10th	WEDNESDAY 11th	THURSDAY 12th	FRIDAY 13th
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 Pork and Pepper Fajita's served with Spicy Rice, Shredded Iceberg, Grated Cheddar, Guacamole and Sour Cream £5.95	**MAIN COURSE** Minced Beef and Potato Pie served with Carrot and Swede Mash and Garden Peas £5.95	**MAIN COURSE** Jerk Spiced Chicken Leg served with Potato Wedges and Rainbow Slaw £5.95	**MAIN COURSE** Lamb Keema Curry served with Mushroom Rice, Mint Raitha and Poppadum's £5.95	**MAIN COURSE** Battered Pollack served with Chips, Lemon, Handmade Tartare Sauce and Mushy Peas £5.95
VEGETARIAN OPTION Cherry Tomato and Feta Quiche served with Warm Potato Salad and Mixed Leaf £5.95	**VEGETARIAN OPTION** Spicy Bean Burrito served with Mixed Leaf Salad and Coleslaw £5.95	**VEGETARIAN OPTION** Battered Halloumi served with Sweet Chilli Dip, Potato Wedges and Buttered Sweetcorn £5.95	**VEGETARIAN OPTION** Macaroni Cheese served with Rocket Salad and Garlic Bread £5.95	**VEGETARIAN OPTION** Red Thai Vegetable Curry served with Wild Rice, Poppadum's and Mango Chutney £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.