

WEEKLY MENU

WEEK BEGINNING
21st July

BEGBROKE
SCIENCE PARK
Café | Restaurant

MONDAY 21st

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
Teriyaki Beef Stir-Fry with
Vegetables and Egg
Noodles
£5.55

VEGETARIAN OPTION
Aubergine and Coconut
Curry with Rice
£5.55

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

TUESDAY 22nd

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
Chicken and Chorizo
Pasta with Salad and
Garlic Bread
£5.55

VEGETARIAN OPTION
Lentil and Roasted
Vegetable Lasagne with
Salad and Garlic Bread
£5.55

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

WEDNESDAY 23rd

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
Herb and Garlic Pork with
Summer Ratatouille and
New Potatoes
£5.55

VEGETARIAN OPTION
Tofu Vegetable
Jambalaya with Salad
£5.55

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

THURSDAY 24th

**DAILY FRESH HOT
SNACKS**
From £3.00

MAIN COURSE
Chicken Souvlaki with
Tzatziki, Rainbow Slaw and
Wedges
£5.55

VEGETARIAN OPTION
Chickpea Falafels with
Tzatziki, Rainbow Slaw
and Wedges
£5.55

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

FRIDAY 25th

**DAILY FRESH HOT
SNACKS**
From £3.00

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

VEGETARIAN OPTION
Red Onion and Feta Pizza
with Chips
£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.

