

Chesterford Research Park W/C 19.07.10

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Broccoli & almond Served with fresh bread	Cauliflower & cheese Served with fresh bread	Fennel & tomato Served with fresh bread	Mushroom Served with fresh bread	Chicken & noodle Served with fresh bread
Theatre	Griddled turkey escalope with a wholegrain mustard sauce served with new potatoes and green beans	Hot Beef onion & stilton wrap served with potato wedges and a Crunchy coleslaw salad	Chicken Stir fry with julienne of vegetables in a sweet chilli sauce served on a bed of egg noodles garnished with prawn crackers	Minted lamb burger with a red currant & onion chutney, fried chipped potatoes and salad garnish	Full English breakfast Bacon sausage black pudding sauté potatoes baked beans tomato and fried egg
One Dish Meal	Traditional lasagne served with fried chipped potatoes and dressed side salad	Cajon spiced Tuna pasta bake served with a dressed salad and garlic bread	Honey roast gammon & apricot stuffing with roast potatoes selection of vegetables and pan gravy	Chicken tikka masala served on a bed of scented rice, poppadum and pickles	Breaded scampi pieces served with choice of peas chipped potatoes lemon wedge and tarter sauce
Jacket Potato	Chefs choice Or baked beans and cheese	Chefs choice Or baked beans and cheese	Chefs choice Or baked beans and cheese	Chefs choice Or baked beans and cheese	Chefs choice Or baked beans and cheese
Vegi Option	Shepherdess pie served with sweet red cabbage and granary bread	Oriental vegetable & cashew nut served with a hoi sin sauce and optional prawn crackers	Macaroni cheese served with side salad and baby new potatoes	Quorn and bean chilli wrap served with jacket potato, salad and sour cream	Spanish frittata served with mixed leaf salad and Baby new potatoes
Dessert	Fresh fruit salad Breakfast crunch yoghurt pot Apple crumble	Fresh fruit salad Mille fuielle Citrus sponge	Fresh fruit salad Lemon fool Sticky carrot cake	Fresh fruit salad Vanilla cheesecake Chocolate cherry bakewell	Fresh fruit salad Chocolate cream pot Toffee apple sponge

Menu subject to changes