

The Nucleus - Chesterford Research Park - Sample Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Golden vegetable soup served with fresh bread	Curried lentil soup served with fresh bread	Parsnip & orange soup served with fresh bread	Tomato & sweet pepper soup served with fresh bread	Watercress & lime soup served with fresh bread
Theatre	Cajun spiced chicken on a pineapple rice with a tomato & herb coulis and sweetcorn fritters	Seared tuna fish steak served on a niciose salad with anchovy croutes	Mexican beef pepper chilli with wholegrain rice tortilla chips and sour cream	Duck wrap with hoi sin sauce, special fried rice and oriental bean sprout salad	Honey glazed gammon steak ,fried egg ,hash browns and baked beans
One Dish Meal	Beef lasagne with a dressed beetroot & rocket salad and garlic bread	Tomato & herb sausage meat plait served with lyonaise potatoes, green beans and baton carrots	Roast chicken supreme with chipolata sausage, herb stuffing, pan gravy, roast potatoes and vegetables	Bread crumbed pork chop filled mozzarella cheese with a tomato sauce served with vegetables and potatoes	Lemon & black pepper breaded white fish with a choice of peas ,fried chipped potatoes, tartare sauce and lemon wedge
Jacket Potato	tuna and sweetcorn or Baked beans & cheese	Stuffed with cheddar cheese and bacon or Baked beans & cheese	Prawn coleslaw or Baked beans & cheese	Stuffed with cream cheese and chives or Baked beans & cheese	Mushrooms in Dijon mustard or Baked beans & cheese
Vegi Option	Baked croissant filled with cheddar cheese & leeks with parmentier potatoes and panache of vegetables	Cheese and tomato quiche with new potatoes and garden salad	Thai green vegetable curry with braised rice, pickle and chutney and fresh naan bread	Roasted vegetable and mozzarella pizza with sauté new potatoes and coleslaw salad	Chinese vegetable strudel served on chilli noodles garnished with prawn crackers
Dessert	Fresh fruit salad Black cherry & oat yoghurt pot Summer Fruit turnover	Fresh fruit salad Gooseberry fool Lime Meringue Pie	Fresh fruit salad Strawberries & cream Banana Fritter with ice cream	Fresh fruit salad Summer pudding Apricot brioche bread & butter pudding	Fresh fruit salad Glazed Pecan Tart Apple berry Crumble

Menu subject to changes