

The Nucleus restaurant - Chesterford Research Park – Sample Meekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Chicken & sweetcorn Soup served with fresh bread	Gazpacho soup served with fresh bread	Carrot and Coriander soup served with fresh bread	French Onion soup served with fresh bread	Chilli bean broth soup served with fresh bread
Theatre	Hot Smoked Mackerel fillets on a Mango Salad Topped with a horseradish Dressing	Pork and Apple Burger with stilton cheese in a Ciabatta roll with fries and coleslaw salad	Sweet chilli beef stir fry with julienne of summer green vegetables garnished with prawn crackers	Char grilled chicken served on a Caesar style dressed salad with parmesan croutes	Traditional meatballs in a tomato sauce served on a bed of Tagliatelle and garlic bread
One Dish Meal	Cornish lamb Slice with garden vegetables and fondant potatoes with gravy	Spiced fish cakes with a mixed leaf salad and chipped potatoes, chive mayonnaise	Roast shoulder of pork with apricot stuffing, pan gravy , roast potatoes and vegetables	Lamb Madras with fragrant braised rice Poppodum mango chutney and lime pickle	Golden breaded Scampi and chips served with garden peas & salad, tarter sauce and lemon wedge
Jacket Potato	Coronation chicken or baked beans & cheese	Bolognaise or baked beans & cheese	Mushrooms and Brie or baked beans & cheese	Cottage cheese and or baked beans & cheese	Beef curry or baked beans & cheese
Vegi Option	Broccoli & stilton quiche served with summer salad and buttered new potatoes	Spinach and Cream Cheese Cannelloni with Roasted Vegetables and Parmentier potatoes	Chickpeas Provencal with wholegrain rice homemade tortilla chips and sour cream	Feta Cheese and olive tart with New Potatoes and mixed bean salad	Vegetable cheesecake served with granary bread and rocket leaf salad
Dessert	Fresh fruit salad Honey & walnut yoghurt pot Apple & Summer fruit strudel	Fresh fruit salad Lemon Mousse Baked chocolate cheesecake	Fresh fruit salad Raspberry & Vanilla Cheesecake Apricot & choc chip Crumble	Fresh fruit salad Berry mille feuille Strawberry Pancakes with Vanilla ice cream	Fresh fruit salad Creamy rice with apple compote Sticky Toffee Pudding

Menu subject to changes