

## The Nucleus Restaurant – Chesterford Research Park – Sample Weekly Menu

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup of the day</b>	Tomato and basil served with fresh bread	Garden Vegetable with fresh bread	Courgette and Rosemary with fresh bread	Mixed bean broth served with fresh bread	Mushroom & tarragon with fresh bread
<b>Theatre</b>	Seared tuna steak on a bed of stir fry vegetables & egg noodles with a sweet balsamic dressing	Hoi sin pork and cashew nut stir fry served on egg fried rice garnished with prawn crackers	Traditional Spaghetti Bolognese served with Fresh parmesan shavings and home made Garlic Bread	Sauté BBQ chicken and Bacon in a spinach wrap with spicy Jacket wedges and mixed Leaf salad	<b>NUCLEUS Big Breakfast</b> , sausage, bacon, black pudding, egg, tomato, hash browns and beans
<b>One Dish Meal</b>	Lamb and spiced peas khema served with fragrant turmeric rice home made garlic Naan and Mango chutney.	Traditional Steak and ale Pie topped with a puff pastry crust served with Mash Potatoes and seasonal garden vegetables	Traditional Roast chicken with sage & onion stuffing, bread sauce, gravy, roast potatoes and root vegetables	Breaded pork steak filled with mozzarella cheese served with buttered new potatoes and mixed vegetables	Pub Style Beer Battered cod and chips with choice of garden or Mushy peas, tartare sauce and fresh lemon
<b>Jacket Potato Fillings</b>	Tuna & sweetcorn Or baked beans and cheese	Vegetable curry Or baked beans and cheese	Chicken & leek casserole Or baked beans	Spicy lamb Or baked beans and cheese	Chilli con carne Or baked beans and cheese
<b>Vegi Option</b>	Autumn Vegetable Hotpot Served with garden peas and a wedge of granary bread	Roasted vegetable pizza on a home made parmesan dough base with coleslaw salad and fried chipped potatoes	Caramelized red onion and Mozzarella Tart, served with Mixed bean salad and new potatoes	Golden Crumb Butter bean Kiev with a pepper sauce Biarritz potatoes and garden salad	Autumn Mixed bean cheesy cobbler with mash potatoes, roasted vegetable and vegetarian gravy
<b>Dessert</b>	Fresh fruit salad  Fruit Yoghurt Pot  Mixed fruit crumble	Fresh fruit salad  Tiramisu  Lemon queen of puddings	Fresh fruit salad  Chocolate mousse  Double Choc Pudding	Fresh fruit salad  Mille Fuille  Brioche bread butter pudding	Fresh fruit salad  Orange cheesecake  Sticky Date Pudding