

# This Week's Menu

Week Commencing 18<sup>th</sup> March 24

NUCLEUS  
CAFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Tomato Soup</b> home-made bread, seeds & croutons  <b>Croque Monsieur</b> Served with Bistro salad & French fries  <b>Croque Madame</b> Filled with egg, tomato & cheese. Served with Bistro salad & French fries  <b>HOT SNACK</b> Cheesy chips	<b>Pea &amp; Mint Soup</b> home-made bread, seeds & croutons  <b>Pasta carbonara</b> Garlic bread & salad  <b>Pasta puttanesca</b> Garlic bread & salad  <b>HOT SNACK</b> Pizzette	<b>Roasted Mediterranean vegetable Soup</b> home-made bread, seeds & croutons  <b>Teriyaki chicken bowl</b> Served with fried rice  <b>Edamame bean &amp; Avocado Poke</b> Served with fried rice  <b>HOT SNACK</b> Sausage roll	<b>Cauliflower Soup</b> home-made bread, seeds & croutons  <b>BBQ platter</b> Wings, ribs & corn served with fries  <b>Mac N Cheese</b> Corn & fries  <b>HOT SNACK</b> French fries	<b>vegetable &amp; fresh herb Soup</b> home-made bread, seeds & croutons  <b>Fish N Chips</b> Battered fish with hand cut chips  <b>Cauliflower poppers</b> with hand cut chips  <b>HOT SNACK</b> Sausage in batter

ADULTS NEED AROUND 2,000 CALORIES A DAY

If you would like information on which foods contain allergens please ask a member of the catering team who will be happy to help

