

PROMOTIONAL OFFER
HALF PRICE

21st March - 2nd May 2011

@ £3.95 now @ £1.98

Soup of the day

Mushrooms served with Mixed Leaves Salad
Cheese and Caramelised Onion with Salad
Roasted Chicken, Mushroom and Herbs in a Filo Pastry
with Ginger, Chillies, and Citrus Hollandaise
Salmon Terrine with Salad and Toast
4 Shallots, Garlic, White Wine, and Fresh Parsley
4 Prawns and Marie Rose Sauce

£8.95 now @ £4.48

Steak with Balsamic Roasted Vegetables
and with Spinach and Cottage Cheese, Paprika Potato
and Broccoli
4 White Crab, Spinach and Veronique Sauce
4 Red Cabbage, Sultanas and Duck en Croute
4 Salmon with Artichoke and Green Beans
4 Moussaka with Macedonian Salad
4 Bourguignon with Boiled Potatoes

£3.95 now @ £1.98

Ice Cream with Vanilla Ice-Cream
Ice Cream with Banana Cream and Hot Chocolate Sauce
Ice Cream with poached Pear and Vanilla Ice-Cream
Ice Cream with Chocolate and Pistachio Parfait
Cheese Platter

Lamb and Rib-eye of Beef with Roast Vegetables
(Carrots, Parsnips), Broccoli and Yorkshire Pudding

LITTLE BAY™ Little Bay Farringdon
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Pupils voice their concerns

YEAR 10 pupils from every secondary school in Islington proudly raise their certificates after taking part in the Jack Petchey Speak Out Challenge.

Seventeen eloquent 14 and 15-year-olds gave a two-minute

monologue on a contentious issue in front of an audience of 200 at the City of London Academy Islington, in Prebend Street, Islington.

The contest was won by Georgia Hughes, who will now go up against pupils from across the country in the national finals.

Faces in the news



● LEFT: Students and staff at Islington Arts and Media College work hard on their Eco Mission Challenge to create and maintain a nature area in Wray Crescent Park.

A team of 20 students has spent the last nine months assessing wildlife and building habitats for new creatures.

Science teacher at the school James Browne said: "Many of our young people growing up in a big city like London, can start to think of nature as something you only see if you go to the zoo. With the help of Balfour Beatty and our friends at C-Change, we have introduced our young people to the natural world they live in."

■ RIGHT: Young entrepreneurs pose on the town hall steps with Mayor of Islington, Councillor Mouna Hamitouche (centre left), and Ronke Lawal, chief executive of Islington's Chamber of Commerce (centre right).

Pupils from Islington Arts and Media School, in Finsbury Park, and Central Foundation Boys' School, in Finsbury, took up the Islington Schools Enterprise Challenge run by Islington Council.

With help and advice they set up businesses ranging from a healthy food stall at Whitecross Street market to a school tuck shop.

