



Monday

LUNCH

Leek & Courgette Soup (mk,ce,gl)

Lamb Korma in a mild Curry Sauce with Steamed Pilau
Rice (gl,mk)

Delicate Plaice Fillet shallow fried in Butter, seasoned
with Lemon and Parsley (f,gl,mk)

Medley of Vegetables ... V

Vegetarian

Vegetable Curry

Apple Crumble with Caramel Custard (mk,gl)

Cherry Syllabub (mk,sd)

SUPPER

Sweet Potato and Leek Puree Soup (ce,mk) ...

Vegetable Quiche accompanied by Seasonal Salad
(e,mk,gl)

A selection of Sandwiches (e,gl,mk,f)

A beautiful medley of Fresh Fruit Salad served with
Dairy Cream (mk)

Allergen Summary: Celery: Ce, Gluten: GL, Crustaceans: CR,
Eggs: E, Milk: MK, Fish: F, Nuts: N, Peanuts: PN, Sesame: SE,
Soya: SY, Sulphur Dioxide: SD, Mustard: MU, Lupin: LU,
Molluscs: MO.

If there are any dishes you would like us to prepare for you Or
have any concerns regarding allergies Please do not hesitate to
ask a member of staff Richard Manzano Head Chef

Monday



Tuesday

LUNCH

The classic French "Vichyssoise" Leek and Potato cream Soup (mk)

...

Slowly boiled Gammon Accompanied by a light mustard and parsley sauce made from its cooking juices (mk,mu,sd)

...

Pot Roast Seabass Fillet on a bed of Fennel, Parsley Butter and white wine (f,mk,sd)

...

Medley of Vegetables

...

V - Baked Aubergine "Gremolata" with garlic, lemon, olive oil and parsley Topped with breadcrumbs (mk,gl)

...

Fruit Pie with a pressed red berry sauce (mk,gl,e)

...

Rich Chocolate Blancmange cream (mk)

SUPPER

Cream of Carrot Soup perfumed with garden Coriander (mk)

...

Scampi and Chips with Lemon and Parsley Mayonnaise (f,e,gl,mk)

...

V- Battered and lightly spiced cauliflower fritters (e,mk,gl)

...

A selection of sandwiches (e,gl,mk,f)

...

Peaches in syrup and cream (mk)

Allergen Summary: Celery: Ce, Gluten: GL, Crustaceans: CR, Eggs: E, Milk: MK, Fish: F, Nuts: N, Peanuts: PN, Sesame: SE, Soya: SY, Sulphur Dioxide: SD, Mustard: MU, Lupin: LU, Molluscs: MO. If there are any dishes you would like us to prepare for you Or have any concerns regarding allergies Please do not hesitate to ask a member of staff Richard Manzano Head Chef



Wednesday

LUNCH

Pure and Natural Green Vegetable Soup

...

Chicken and Vegetable Pie with a leaf of puff Pastry (gl,e,mk)

...

Gently slow roast Red Snapper fillet with shallots and sage butter
With a splash of white wine (f,e,mk,gl,sd)

...

V - Vegetable Pie (gl,mk,e)

...

Medley of Vegetables

...

Sticky Toffee Pudding with Vanilla Custard (mk,gl,e)

...

Traditional Swiss Roll (mk,gl)

SUPPER

Rustic Parsnip and Apple Soup Sweetened Slightly with Honey (mk)

...

Oriental Style Vegetables and Noodles (se,ml,gl,e,sy) ...

A selection of sandwiches (e,gl,mk,f)

...

Eton Mess (eg,mk)

Allergen Summary: Celery: Ce, Gluten: GL, Crustaceans: CR, Eggs: E, Milk: MK, Fish:
F, Nuts: N, Peanuts: PN, Sesame: SE, Soya: SY, Sulphur Dioxide: SD, Mustard: MU,
Lupin: LU, Molluscs: MO

If there are any dishes you would like us to prepare for you Or have any concerns
regarding allergies Please do not hesitate to ask a member of staff Richard
Manzano Head Chef