

# SOUTH DOWNS MENU

# Sample Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH</b>						
Sausage, mushroom and red onion casserole, creamed potato, & green beans	Homemade cod and dill fish cakes with carrots and garden peas	Pan fried Breaded chicken breast with garlic and parsley butter, ratatouille & new potatoes	Lancashire Lamb hot pot with fresh broccoli	Baked haddock with herb and cheese crust, creamed leeks & sautéed potatoes	Pan fried turkey escalope with tarragon cream sauce, croquette potatoes and courgettes and red onion	Roast topside of beef, Yorkshire pudding, roast potatoes, roasted root vegetables, red wine gravy
(v) Vegetable casserole	(v) Roasted pepper risotto finished with green pesto	(v) Char grilled vegetables with goat's cheese	(v) Broccoli cheese	(v) Vegetable grill	(v) Vegetable and nut roast	(v) Vegetable and cheddar cheese bake
Chocolate mousse	Bread and butter pudding with custard	Strawberry mille-feuille	Apple pie with fresh cream	Sherry trifle	Warm chocolate pudding with chocolate sauce	Lemon meringue pie with cream
<b>SUPPER</b>						
Red lentil soup	Sweet potato and carrot soup	Moroccan chick-pea soup	Autumn vegetable soup	Tomato and basil soup	Cream of cauliflower soup	Cream of mushroom soup
Prawn cocktail salad	Penne pasta carbonara	Corned beef and coleslaw salad	Mackerel pate salad with warm rolls	Scrambled egg on toast	Roasted pepper and goats cheese quiche with salad	Sandwiches, cold buffet selection
<b>DESSERTS</b>						
Fresh fruit salad Selection of English and continental cheeseboard with crackers A wide selection of ice-creams and sorbets						
<b>AVAILABLE DAILY</b>						
A selection of salads, jacket potatoes, poached fish, filled omelettes and sandwiches are always available						