

SOUTH DOWNS MENU

Example

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Chicken and mushroom short crust pie, mashed potato, carrots and peas	Salmon and Prawn, fusilli pasta	Honey baked gammon with parsley sauce, new potatoes, broccoli	Shepherd's pie, green beans	Battered haddock, with chips & mushy peas	Braised pork meatballs in tomato & mushroom sauce, rice pilaf	Roast turkey, roast potatoes, Cauliflower cheese
(v) Vegetable pie	(v) Asparagus and goats cheese pasta	(v) Vegetable bake with mixed beans	(v) Vegetable rissoles	(v) Warm vegetable frittata	(v) Roasted vegetables in tomato & mushroom sauce	(v) Nut roast
Eton mess	Berry cheesecake	Fruit jelly & ice-cream	Lemon tart	Rice pudding jam	Autumn berry pudding & cream	Apple crumble & custard
SUPPER						
Thick root vegetable soup	Carrot and coriander soup	Broccoli and stilton soup	Leek and potato soup	Minted pea soup	Tomato and roasted red pepper soup	Cream of celery soup
Jacket potato, tuna / cheese / baked beans	Coronation chicken salad	Tuna salad	Cheese & ham quiche, salad	Macaroni cheese	Ham salad	Sandwiches - tuna / cheese / ham
DESSERTS						
Fresh fruit salad Selection of English and continental cheeseboard with crackers A wide selection of ice-creams and sorbets						
AVAILABLE DAILY						
A selection of salads, jacket potatoes, poached fish, filled omelettes and sandwiches are always available						