

Sample Menu

Monday

Mexican Spiced Pulled Pork

Salmon Tacos with sweet & Spicy
mango Corn Salsa

Potato, Bean & Basil Burger (v)

Selection of Freshly Cooked
Vegetables & Potato Wedges

Selection of Five Mixed Salads
Bread, Cheese & Crackers

White chocolate Cheesecake
Lemon Meringue

Tuesday

Jerk Chicken with Rice & Peas

Salt Cod & Ackee with Dumplings

Sweet Potato & Mixed Bean Rasta
Cass (v)

Selection of Freshly Cooked
Vegetables

Selection of Five Mixed Salads
Bread, Cheese & Crackers

Rice Pudding
Toffee Fudge Cake

Wednesday

Beef Chilli Con Carne

Fajita Spiced Seabass with Tomato,
Spring Onion & Pepper Salsa with
Sweet Potato Wedges

Mixed Bean Chilli (v)

Selection of Freshly Cooked
Vegetables & Potatoes

Selection of Five Mixed Salads
Bread, Cheese & Crackers

Rhubarb Crumble & Custard
Carrot Cake

Thursday

Grilled Tuna with Saltfish Fritters
'en' Escabeche Sauce

Grilled Mojo Pork Chop with
Tomato, Avocado and Onion

Mixed Bean Tomato & Pepper
Quesadilla (v)

Selection of Freshly Cooked
Vegetables & Potatoes

Selection of Five Mixed Salads
Bread, Cheese & Crackers

Choc & Raspberry Cheesecake
Lemon Sponge & Custard

Friday

Traditional Fish & Chips with Mushy
Peas

Malaysian Veg Curry (v)

Seared Sirloin Steak with
Peppercorn Sauce & Chunky Chips

Selection of Freshly Cooked
Vegetables & Potatoes

Selection of Five Mixed Salads
Bread, Cheese & Crackers

Almond & Lemon Meringue
Chocolate Brownies

ConTact



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