

Classic Sample Menu



Day 1

Breakfast

Continental V, GF

Evening Meal

Starter: Tomato & Basil Soup. V, GF

Main: Beef Bourguignon, Mashed Potato and Green Beans. GF

V Chickpea, Vegetable Stew with Mashed Potatoes and Green Beans.

Dessert: Lemon Tart with Raspberry Sorbet.
V, GF Mixed Fruits with Raspberry Sorbet.

Day 2

Breakfast

Cooked. V, GF

Afternoon tea

Evening Meal

Starter: Caprese Salad. GF

Avocado, Tomato and Red Onion Salad. V

Main: Lasagna with Homemade Garlic Bread and Green Salad.

Spaghetti with Tomato and Lentil Sauce V
GF Gluten Free Spaghetti bolognaise.

Dessert: Panna Cotta with Mango Coulis. V, GF

Day 3

Breakfast

Cooked. V, GF

Afternoon tea

Evening Meal

Starter: Tomato, Red Onion and Basil Bruschetta.

V Tomato, Red Onion and Basil Bruschetta.

GF Tomato, Red Onion and Basil Bruschetta served on
Gluten Free bread.

Main: Honey Mustard Chicken, Roasted Potatoes and Steamed Winter Vegetables (mange tout, peas & carrots). GF
Quinoa & Tofu Stuffed Red Pepper, Roasted Potatoes and Steamed Winter Vegetables. V

Dessert: Chocolate Pecan Brownie with Vanilla Ice Cream.
Vegan Brownie with Vanilla Ice Cream. V
GF Brownie (made from Doves farm Chocolate Brownie mix)

Day 4

Breakfast

Cooked. V, GF

Afternoon tea

Evening Meal

Starter: Butternut Squash soup. V, GF

Main: Duck Confit, Creamed Spinach, Sweet Potato Mash & Garlic Fried Brussel Sprouts. GF

V Baked Aubergine with Chickpeas, Creamed Spinach, Sweet Potato Mash and Garlic Fried Brussel Sprouts.

Dessert: Cherry Clafoutis with Vanilla Cream.
V Vegan crepe with Raspberry Sorbet.
GF Gluten Free crepe with berries ice cream.

Day 5

Breakfast

Cooked. V, GF

Afternoon tea

Evening Meal

Starter: French Onion Soup. V, GF

Main: Tartiflette with Charcuterie and Green Salad. GF
V Vegan Tartiflette and Green Salad.

Dessert: Lemon Posset with Raspberry Coulis. GF
V Banana pancakes with Dairy Free Vanilla Ice cream.

Day 6

Breakfast

Continental. V, GF

Afternoon tea

Evening Meal

Starter: Warm Goats Cheese, Caramelised Pear, Walnut Salad and Balsamic syrup. GF
V Falafel, Hummus and Cucumber Salad.

Main: Pork Tenderloin, Carrot Puree, Gratin Potatoes, Broccoli and Red Wine Jus. GF
V Spinach and Quinoa Tortellini with Vegan Pesto.

Dessert: Apple Tart with Creme Anglaise.
V Crumble stuffed Baked Apple with DF Vanilla Ice cream.
GF Crumble stuffed Baked Apple with Vanilla Ice cream.

V - Vegan option, GF - Gluten Free option

