



Spring/Summer Sample Menu

Starters

Cream of celery and apple soup with homemade wholemeal rolls

Celery and apples are good sources of essential vitamins and fibre

Smoked mackerel and beetroot salad with a horseradish dressing

Mackerel contains anti-oxidants containing strong anti-inflammatory properties

Main Choice

Braised lamb with rosemary and onion dumplings served with seasonal pan-fried greens, and butter glazed fondant potato and rich red wine gravy

Lamb is a good source of vitamin B12 and is high in protein

Lightly poached haddock fillet with lemon and caper butter, accompanied with crushed garden peas, wilted baby leaf spinach and Dauphinoise potatoes

Haddock is a good source of protein and high in omega-3 fatty acids

Vegetarian Option

Aubergine and mixed bean lasagna served with grilled vine tomatoes, with a balsamic glaze and a mixed green leaf salad and garlic ciabatta

Mixed beans are a good source of protein, iron and fibre

Dessert

Strawberry and raspberry meringue roulade served with a Chantilly cream or vanilla ice cream

Berries are full of nutrients and essential vitamins and perfect in the summer season

Apple and sultana strudel, almond crumb and vanilla sauce

Apples are a good source of vitamin C and fibre. Almonds are a good source of protein

Selection of British and continental cheese and biscuits with pickles and chutneys



Autumn/Winter Sample Menu

Starters

Cream of tomato and basil soup with homemade wholemeal rolls

Tomatoes are a good source of essential vitamins and fibre

Goats cheese with beetroot, rocket and walnut salad

Walnuts are a good source of omega-3

Main Choice

Locally sourced pork served with crispy crackling with an apple and prune compote, accompanied with winter greens and glazed carrots and served with crispy chateau potatoes and a cider sage gravy

Lean pork is an excellent source of protein. Winter greens are a good source of vital minerals and vitamins

Grilled cod fillet with a lemon herb crust served with new potatoes with parsley butter, accompanied with pan-fried rainbow chard and French green beans

Swiss chard and runner beans both contain a variety of vitamins and protein

Vegetarian Option

Butternut squash, butter bean and red lentil Wellington served with crispy chateau potatoes, accompanied with winter greens and glazed carrots

Butternut squash and spinach are rich in soluble and insoluble fibre, which can be great for your heart

Dessert

Individual pear and almond tart with vanilla sauce

Pears contain minerals, and vitamin C. Almonds can be great for your heart

Coffee and vanilla panna cotta fruit compote

Fruits are a good source of fibre and vitamin C

Selection of cheese and biscuits with chef's homemade chutney