

Sample Menus



N Y N E H E A D
C O U R T

WEEK 1		
MONDAY	Celery soup	Soup with bread and butter upon request
	Breaded king prawn, served with a lime dressing	
	Chicken chasseur	Jacket potato with lardons of bacon and cheese
	Cauliflower, green beans and lyonnaise potatoes	Beef and horseradish salad
	Tuna salad	Sandwich or poached egg on toast
	Bread and butter pudding with custard	Cherry pie with cream
	Dessert of the day	Fresh fruit salad or yogurt
	Fresh Fruit salad	cheese and biscuits
TUESDAY	Watercress soup	Soup with bread and butter upon request
	Pate with melba toast and fruit chutney	
	Honey and mint braised lamb	Ham, egg and chips
	Roasted root vegetables, broccoli and fondant potatoes	Cheese and spring onion salad
	Prawn pasta salad	Sandwich or omelette
	Profiterole with chocolate sauce	Apple strudel with custard
	Dessert of the day	Fresh fruit salad or yogurt
	Fresh fruit salad	cheese and biscuits