

HARROW HOUSE SAMPLE MENU 1

Week starting:



SATURDAY

BREAKFAST

CEREALS / COLD MILK
TOAST
CROISSANTS
CHEESE SLICES
COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS / HONEY
PORRIDGE
COCKTAIL SAUSAGES
BOILED EGGS
BAKED BEANS
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

SUNDAY

BRUNCH

CEREALS / COLD MILK
TOAST
HASH BROWNS
CHEESE SLICES / COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS / HONEY
BACON
COCKTAIL SAUSAGES
BAKED BEANS
SCRAMBLED EGGS
PLUM TOMATOES
FRIED MUSHROOMS
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF 3 TINNED FRUITS
CHOICE OF HOT DRINKS
ORANGE JUICE

MONDAY

BREAKFAST

CEREALS / COLD MILK
TOAST
CROISSANTS
CHEESE SLICES
COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS / HONEY
PORRIDGE
COCKTAIL SAUSAGES
BOILED EGGS
BAKED BEANS
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

TUESDAY

BREAKFAST

CEREALS / COLD MILK
TOAST
CROISSANTS
CHEESE SLICES
COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS / HONEY
PORRIDGE
TURKEY MEATBALLS
FRIED EGGS
TOMATOES
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

WEDNESDAY

BREAKFAST

CEREALS / COLD MILK
TOAST
CROISSANTS
CHEESE SLICES
COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS / HONEY
PORRIDGE
COCKTAIL SAUSAGES
SCRAMBLED EGGS
MUSHROOMS
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

THURSDAY

BREAKFAST

CEREALS / COLD MILK
TOAST
CROISSANTS
CHEESE SLICES
COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS / HONEY
PORRIDGE
TURKEY MEATBALLS
FRIED EGGS
BAKED BEANS
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

FRIDAY

BREAKFAST

CEREALS / COLD MILK
TOAST
CROISSANTS
CHEESE SLICES
COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS / HONEY
PORRIDGE
COCKTAIL SAUSAGES
SCRAMBLED EGGS
TOMATOES
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

LUNCH

ASSORTED SALADS
BREAD

PASTA BAR

LAMB PAPRIKA
CREAM OF ASPARAGUS

VARIETY BAR

CHILLI CON CARNE
VEGETABLE STIR-FRY

SERVED WITH
BASMATI RICE
sour cream

FRESH FRUIT OF THE DAY

LUNCH

ASSORTED SALADS
BREAD

PASTA BAR

PRAWN MARIE ROSE
TOMATO & BASIL

VARIETY BAR

CHICKEN IN WHITE WINE SAUCE
QUORN PROVENCAL

SERVED WITH
NEW POTATOES
MACEDOINE OF VEGETABLES

FRESH FRUIT OF THE DAY

LUNCH

ASSORTED SALADS
BREAD

PASTA BAR

BOLOGNAISE
ROAST PEPPER & SPINACH

VARIETY BAR

HOT DOGS
VEGETARIAN SAUSAGES

SERVED WITH
FRIED ONIONS
AND RELISH

FRESH FRUIT OF THE DAY

LUNCH

ASSORTED SALADS
BREAD

PASTA BAR

CHICKEN NORMANDY
TOMATO & GINGER

VARIETY BAR

BEEF MADRAS
VEGETABLE CURRY

SERVED WITH
BOILED RICE
NAAN BREAD

FRESH FRUIT OF THE DAY

LUNCH

ASSORTED SALADS
BREAD

PASTA BAR

BACON & BEANS
CREAM OF WILD MUSHROOMS

VARIETY BAR

BATTERED COD FILLETS
CHEESE & SPRING ONION QUICHE

SERVED WITH
MASHED POTATOES
PEAS & TARTAR SAUCE

FRESH FRUIT OF THE DAY

DINNER

ASSORTED SALADS
BREAD

MEAT

SAUSAGE PLAIT
CHINESE CHICKEN DRUMSTICKS
LAMB & REDCURRANT
TURKEY A LA KING

VEGETARIAN

RAVIOLI AU GRATIN

FISH

SALMON FILLETS
BUTTERED NEW POTATOES
PASTA
BASMATI RICE
GREEN BEANS
SLICED CARROTS

VARIETY OF DESSERTS

DINNER

ASSORTED SALADS
BREAD

MEAT

ROAST BEEF
LAMB KOFTAS KEBABS
PORK IN A CIDER SAUCE
CHICKEN TORINO

VEGETARIAN

CAULIFLOWER CHEESE

FISH

HAKE FILLETS
ROAST POTATOES
HERBY PASTA
RICE & PEPPERS
SAVOY CABBAGE
ROASTED PARSNIPS

VARIETY OF DESSERTS

DINNER

ASSORTED SALADS
BREAD

MEAT

TANDOORI CHICKEN FILLETS
PORK STEAKS WITH HERB
CRUST
LAMB FRICASSEE
ITALIAN TURKEY MEATBALLS

VEGETARIAN

STUFFED COURGETTES

FISH

MARINERS PIE
JACKET POTATOES
BUTTERED PASTA
MUSHROOM RICE
BUTTERNUT SQUASH
GARDEN PEAS

VARIETY OF DESSERTS

DINNER

ASSORTED SALADS
BREAD

MEAT

ROAST DUCK LEGS
BRAISED BEEF STEAKS
CARIBBEAN CHICKEN
TURKEY IN TOMATO & CHORIZO

VEGETARIAN

VEGETARIAN CHILLI

FISH

SMOKED MACKEREL
DAUPHINOISE POTATOES
RED PESTO PASTA
LONG GRAIN RICE
MEDITERRANEAN VEGETABLES
CREAMED LEEKS

VARIETY OF DESSERTS

DINNER

ASSORTED SALADS
BREAD

MEAT

MINTED LAMB STEAKS
NEW YORK CHICKEN
ORIENTAL DUCK STIR FRY
BEEF GOULASH

VEGETARIAN

SPANISH OMELETTE

FISH

RED MULLET
PARSLEY BUTTERED POTATOES
PASTA
SAFFRON RICE
RED CABBAGE
KENYA BEANS

VARIETY OF DESSERTS

DINNER

ASSORTED SALADS
BREAD

MEAT

ROAST PORK
TURKEY FRIKADELLEN
LAMB & COCONUT
CHICKEN PROVENCAL

VEGETARIAN

PEPPER & GOATS CHEESE PUFFS

FISH

MAHI MAHI
ROAST POTATOES
SPINACH PASTA
BOILED RICE
BROCCOLI
MIXED SEASONAL VEGETABLES

VARIETY OF DESSERTS

DINNER

ASSORTED SALADS
BREAD

MEAT

TURKEY ESCALOPE
CHICKEN THIGHS & BABY
SPINACH
MOROCCAN LAMB
DUCK IN PINEAPPLE SAUCE

VEGETARIAN

VEGETABLE MARSALA

FISH

PAELLA
SAUTÉ POTATOES
GARLIC PASTA
BASMATI RICE
SWEDE
CAULIFLOWER

VARIETY OF DESSERTS

HARROW HOUSE SAMPLE MENU 2

Week starting:



SATURDAY

BREAKFAST

CEREALS / COLD MILK
TOAST
CROISSANTS
CHEESE SLICES
COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS/HONEY
PORRIDGE
COCKTAIL SAUSAGES
BOILED EGGS
BAKED BEANS
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

SUNDAY

BRUNCH

CEREALS / COLD MILK
TOAST / HASH BROWNS
CHEESE SLICES / COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS/HONEY
BACON
COCKTAIL SAUSAGES
BAKED BEANS
SCRAMBLED EGGS
PLUM TOMATOES
FRIED MUSHROOMS
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

MONDAY

BREAKFAST

CEREALS / COLD MILK
TOAST
CROISSANTS
CHEESE SLICES
COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS/HONEY
PORRIDGE
COCKTAIL SAUSAGES
BOILED EGGS
BAKED BEANS
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

TUESDAY

BREAKFAST

CEREALS / COLD MILK
TOAST
CROISSANTS
CHEESE SLICES
COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS/HONEY
PORRIDGE
TURKEY MEATBALLS
FRIED EGGS
TOMATOES
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

WEDNESDAY

BREAKFAST

CEREALS / COLD MILK
TOAST
CROISSANTS
CHEESE SLICES
COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS/HONEY
PORRIDGE
COCKTAIL SAUSAGES
SCRAMBLED EGGS
MUSHROOMS
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

THURSDAY

BREAKFAST

CEREALS / COLD MILK
TOAST
CROISSANTS
CHEESE SLICES
COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS/HONEY
PORRIDGE
TURKEY MEATBALLS
FRIED EGGS
BAKED BEANS
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

FRIDAY

BREAKFAST

CEREALS / COLD MILK
TOAST
CROISSANTS
CHEESE SLICES
COLD MEATS
BUTTER / MARGARINE
CHOICE OF JAMS/HONEY
PORRIDGE
COCKTAIL SAUSAGES
SCRAMBLED EGGS
TOMATOES
CHOICE OF YOGHURTS
CHOICE OF 3 TINNED FRUITS
CHOICE OF DRIED FRUIT
CHOICE OF HOT DRINKS
ORANGE JUICE

LUNCH

ASSORTED SALADS
BREAD

PASTA BAR

SMOKED SALMON IN CREAM SAUCE
TOMATOES AND BLACK OLIVES

VARIETY BAR

SOUTHERN FRIED CHICKEN
VEGETARIAN SAVOURY MINCE

SERVED WITH
STEAMED POTATOES
MIXED VEGETABLES

FRESH FRUIT OF THE DAY

LUNCH

ASSORTED SALADS
BREAD

PASTA BAR

BEEF ROMANOFF
BROCCOLI AND CHEESE

VARIETY BAR

LAMB JALFREZE
VEGETARIAN CURRIED BALLS

SERVED WITH
BASMATI RICE
CHUTNEY

FRESH FRUIT OF THE DAY

LUNCH

ASSORTED SALADS
BREAD

PASTA BAR

CREAM OF CHICKEN & MUSHROOM
SMOKEY PEPPERS SAUCE

VARIETY BAR

BEEF BURGERS
SPICY VEGETARIAN BURGERS

SERVED WITH
FRIED ONIONS
CHEESE SLICES AND RELISH

FRESH FRUIT OF THE DAY

LUNCH

ASSORTED SALADS
BREAD

PASTA BAR

GREEK MINCED LAMB
CREAM OF MUSHROOM

VARIETY BAR

PORK MEATBALLS IN TOMATO SAUCE
VEGETABLE RISOTTO

SERVED WITH
MASHED POTATO
RED CABBAGE
RICH GRAVY

FRESH FRUIT OF THE DAY

LUNCH

ASSORTED SALADS
BREAD

PASTA BAR

CREAM AND PESTO CHICKEN
TANGY TOMATO SAUCE

VARIETY BAR

FISH CAKES

SERVED WITH
NEW POTATOES
PEAS
TARTAR SAUCE

FRESH FRUIT OF THE DAY

DINNER

ASSORTED SALADS
BREAD

MEAT

LAMB AND MINT SAUSAGES
ROASTED DUCK LEGS
CHICKEN MARSALA
BEEF AND BEETROOT

VEGETARIAN

CHEESE AND TOMATO
OMELETTES

FISH

SEAFOOD PIE
PARSLEY POTATOES
PASTA
BASMATI RICE
BUTTERED CARROTS
MEDITERRANEAN VEGETABLES

VARIETY OF DESSERTS

DINNER

ASSORTED SALADS
BREAD

MEAT

ROAST LOIN OF PORK
LAMB STEAKS
MEXICAN CHILLI BEEF
TURKEY STIR-FRY

VEGETARIAN

PORTOBELLO MUSHROOMS

FISH

RED SNAPPER
ROAST POTATOES
BUTTERED PASTA
HERBY RICE
BUTTON SPROUTS
BUTTERNUT SQUASH

VARIETY OF DESSERTS

DINNER

ASSORTED SALADS
BREAD

MEAT

ROASTED CHICKEN DRUMSTICKS
BEEF JAMAICAN JERK
VEAL INA HONEY MUSTARD
SAUCE
DUCK A L' ANGLAISE

VEGETARIAN

VEGETARIAN BOLOGNAISE

FISH

COD FILLETS
DELMONICO POTATOES
HERBY PASTA
BASMATI RICE
SWEETCORN
CREAMED LEEKS

VARIETY OF DESSERTS

DINNER

ASSORTED SALADS
BREAD

MEAT

PIRI PIRI TURKEY STEAKS
BREADED PORK ESCALOPE
LAMB IN RED WINE
CORIANDER CHICKEN

VEGETARIAN

MACARONI CHEESE

FISH

MUSSELS
CROQUETTE POTATOES
PASTA
MUSHROOM RICE
BROCCOLI
MIXED SEASONAL VEGETABLES

VARIETY OF DESSERTS

DINNER

ASSORTED SALADS
BREAD

MEAT

STEAK WITH BRANDY & MUSHROOMS
CHICKEN AND PEPPER QUICHE
MEDITERRANEAN TURKEY
HONG KONG STYLE PORK

VEGETARIAN

VEGETARIAN SAUSAGES

FISH

SCOTTISH SALMON
BOILED POTATOES
GREEN PESTO PASTA
EGG FRIED RICE
ROAST PARSNIPS
BROAD BEANS

VARIETY OF DESSERTS

DINNER

ASSORTED SALADS
BREAD

MEAT

¼ ROAST CHICKEN
BBQ PORK RIBS
FRUITY LAMB CASSEROLE
TURKEY STROGANOFF

VEGETARIAN

VEGETABLE LASAGNE

FISH

COLEY FILLET
ROAST POTATOES
PASTA
SAFFRON RICE
CAULIFLOWER
SAVOY CABBAGE

VARIETY OF DESSERTS

DINNER

ASSORTED SALADS
BREAD

MEAT

ROAST DUCK IN PEAR & APPLE
SAUCE
LAMB STEAKS
KOREAN BEEF
CHICKEN AND STILTON

VEGETARIAN

MUSHROOM VOL AU VENTS

FISH

SEAFOOD MEDLEY
COCOTTE POTATOES
TOMATO PASTA
STICKY RICE
CREAMED SWEDE
RATATOUILLE

VARIETY OF DESSERTS