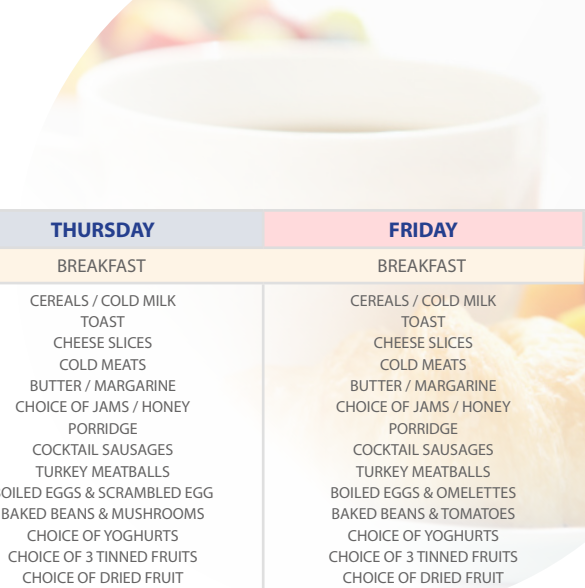


Harrow House - Example Menu

Week Starting Saturday



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST / BRUNCH	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
CEREALS / COLD MILK TOAST CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY PORRIDGE COCKTAIL SAUSAGES TURKEY MEATBALLS BOILED EGGS & SCRAMBLED EGG BAKED BEANS & MUSHROOMS CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT CHOICE OF HOT DRINKS ORANGE JUICE TEA / COFFEE / HOT CHOCOLATE	CEREALS / COLD MILK TOAST HASH BROWNS CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY BACON 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	CEREALS / COLD MILK TOAST CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY PORRIDGE COCKTAIL SAUSAGES TURKEY MEATBALLS BOILED EGGS & SCRAMBLED EGG BAKED BEANS & MUSHROOMS CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT ORANGE JUICE TEA / COFFEE / HOT CHOCOLATE	CEREALS / COLD MILK TOAST CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY PORRIDGE COCKTAIL SAUSAGES TURKEY MEATBALLS BOILED EGGS & OMELETTES BAKED BEANS & MUSHROOMS CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT CHOICE OF HOT DRINKS ORANGE JUICE TEA / COFFEE / HOT CHOCOLATE	CEREALS / COLD MILK TOAST CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY PORRIDGE COCKTAIL SAUSAGES TURKEY MEATBALLS BOILED EGGS & FRIED EGG BAKED BEANS & TOMATOES CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT ORANGE JUICE TEA / COFFEE / HOT CHOCOLATE	CEREALS / COLD MILK TOAST CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY PORRIDGE COCKTAIL SAUSAGES TURKEY MEATBALLS BOILED EGGS & SCRAMBLED EGG BAKED BEANS & MUSHROOMS CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT ORANGE JUICE TEA / COFFEE / HOT CHOCOLATE	CEREALS / COLD MILK TOAST CHEESE SLICES COLD MEATS BUTTER / MARGARINE CHOICE OF JAMS / HONEY PORRIDGE COCKTAIL SAUSAGES TURKEY MEATBALLS BOILED EGGS & OMELETTES BAKED BEANS & TOMATOES CHOICE OF YOGHURTS CHOICE OF 3 TINNED FRUITS CHOICE OF DRIED FRUIT ORANGE JUICE TEA / COFFEE / HOT CHOCOLATE
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
		STARTERS ASSORTED SALADS / BREAD PASTA BARS MEAT CARBONARRA BAKE VEGAN ROASTED VEGETABLE BAKE VARIETY BAR MEAT BEEF CHILLI CON CARNE VEGAN VEGETABLES IN PLUM SAUCE SIDES BASMATI RICE SOUR CREAM & CHIVES DESSERT FRESH FRUIT OF THE DAY	STARTERS ASSORTED SALADS / BREAD PASTA BARS MEAT BEEF ROMANOFF VEGETARIAN MUSHROOM A LA KING VARIETY BAR MEAT BBQ PORK BELLY RIBS VEGAN VEGETABLE PROVENCAL SIDES ROSEMARY POTATOES BABY CORN DESSERT FRESH FRUIT OF THE DAY	STARTERS ASSORTED SALADS / BREAD PASTA BARS FISH CREAM FRUITS DE MER VEGAN TOMATO & BASIL VARIETY BAR MEAT SOUTHERN FRIED CHICKEN VEGETARIAN SOUTHERN FRIED QUORN FILLETS SIDES POTATO WEDGES CRISPY COLESLAW DESSERT FRESH FRUIT OF THE DAY	STARTERS ASSORTED SALADS / BREAD PASTA BARS MEAT CHICKEN ROMANA VEGETARIAN CREAM OF ASPARAGUS VARIETY BAR MEAT BEEF BURGER VEGAN SPICY BEAN BURGER SIDES CHEESE SLICES FRIED ONION DESSERT FRESH FRUIT OF THE DAY	STARTERS ASSORTED SALADS / BREAD PASTA BARS MEAT HAM A LA FRANCAISE VEGAN TOMATO & ROASTED PEPPER VARIETY BAR FISH BREADED COD VEGETARIAN SUNDRIED TOMATO TARTS SIDES MASHED POTATOES MACEDOINE OF VEGETABLES DESSERT FRESH FRUIT OF THE DAY
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
STARTERS ASSORTED SALADS / BREAD MEAT LEMON PEPPER CHICKEN FILLETS BEEF BLACK BEAN SAUCE FRUITY LAMB CASSEROLE TURKEY & THYME SAUCE VEGETARIAN SPINACH & RICOTTA CANNELLONI VEGAN STUFFED POTATOES FISH SWORD FISH SIDES STEAMED POTATOES PASTA SAFFRON RICE MEDITERRANEAN VEGETABLES GREEN BEANS DESSERT VIENNESE WHIRL / JELLY CRÈME CARAMEL / PEACHES	STARTERS ASSORTED SALADS / BREAD MEAT ROAST LEG OF LAMB TURKEY CHORIZO STIR-FRY BEEF BOURGINOUN CHICKEN KORMA VEGETARIAN CAULIFLOWER CHEESE VEGAN PORTABELLA MUSHROOMS FISH SMOKED MACKEREL SIDES ROAST POTATOES PASTA RICE BROCCOLI SLICED CARROTS DESSERT APPLE PIE / CHELSEA BUNS CHEESECAKE / ORANGE	STARTERS ASSORTED SALADS / BREAD MEAT CHINESE DUCK LEGS ITALIAN BEEF MEATBALLS NAVARIN OF LAMB SWEET & SOUR PORK VEGETARIAN SPRING ROLLS VEGAN BAKED SPICE CARROT FISH RED MULLET SIDES BOULANGERIE POTATOES PASTA RICE BRAISED CELERY BUTTON SPROUTS DESSERT MERINGUES / CRÈME BRULEE MOUSSE / GRAPES	STARTERS ASSORTED SALADS / BREAD MEAT BEEF MINUTE STEAKS MANGO CHICKEN PORK CHASSEUR CREAM OF RED PESTO CHICKEN VEGETARIAN LASAGNE VEGAN STIR-FRY FISH CORNISH SARDINES SIDES COCOTTE POTATOES PASTA RICE SAVOY CABBAGE PARSNIPS DESSERT SPONGE PUDDING / SHORTBREAD GATEAUX / APPLE	STARTERS ASSORTED SALADS / BREAD MEAT CUMBERLAND PORK SAUSAGES CARBONADE OF BEEF LAMB & MINT TURKEY PRINCESS VEGETARIAN STROGANOFF VEGAN STUFFED PEPPERS FISH SMOKED HADDOCK SIDES BOILED POTATOES PASTA RICE BUTTERNUT SQUASH GARDEN PEAS DESSERT RICE PUDDING / CARROT CAKE DANISH PASTRIES / FRUIT SALAD	STARTERS ASSORTED SALADS / BREAD MEAT ROAST BREAST OF TURKEY PORK LYONNAISE LAMB & REDCURRANT THAI GREEN CHICKEN CURRY VEGETARIAN STUFFED COURGETTES VEGAN MEDITERRANEAN TOFU FISH MUSSELS SIDES ROAST POTATOES PASTA RICE CAULIFLOWER CHEESE KENYA BEANS DESSERT ETON MESS / KEYLIME PIE BAKEWELLS / PINEAPPLE	STARTERS ASSORTED SALADS / BREAD MEAT PORK SCHNITZEL CHICKEN VERONIQUE BEEF AU POIVRE MOROCCAN LAMB VEGETARIAN BRUCHETTAS VEGAN BALTI CURRY FISH SEAFOOD PIE SIDES GYPSY POTATOES PASTA RICE GRILLED TOMATOES SAUTÉ POTATOES DESSERT CREAM SLICES / DIPLOMAT PUDDING / BANANA