

# THE SWANAGE CENTRE SAMPLE MENU

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  
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

CHICKEN WITH LEEK  
TUSCAN BEANS

### VARIETY BAR

WILD BOAR AND APPLE  
SAUSAGES  
VEGETARIAN SAUSAGES

SERVED WITH  
MASHED POTATO  
ROASTED VEGETABLES ONION GRAVY

FRESH FRUIT OF THE DAY

### LUNCH

ASSORTED SALADS  
BREAD

### PASTA BAR

PEPPERONI AND TOMATO  
BLUE CHEESE AND SWEETCORN

### VARIETY BAR

CHICKEN FAJITA WRAPS  
VEGETABLE FAJITA WRAPS

SERVED WITH  
TORTILLA CHIPS  
VARIOUS DIPS

FRESH FRUIT OF THE DAY

### LUNCH

ASSORTED SALADS  
BREAD

### PASTA BAR

TUNA NAPOLI  
WATERCRESS AND FENNEL

### VARIETY BAR

PULLED PORK BAPS  
QUORN BURGERS

SERVED WITH  
APPLE SAUCE

FRESH FRUIT OF THE DAY

### LUNCH

ASSORTED SALADS  
BREAD

### PASTA BAR

HAM A LA FRANCAISE  
BBQ VEGETABLES

### VARIETY BAR

CHICKEN TIKKA  
SWEET AND SOUR VEGETABLES

SERVED WITH  
BASMATI RICE  
MANGO CHUTNEY

FRESH FRUIT OF THE DAY

### LUNCH

ASSORTED SALADS  
BREAD

### PASTA BAR

CHICKEN IN WHITE WINE SAUCE  
ROASTED COURGETTES PROVENCAL

### VARIETY BAR

BATTERED HADDOCK  
VEGETARIAN COUNTRY BAKES

SERVED WITH  
NEW POTATOES  
GARDEN PEAS & TARTAR SAUCE

FRESH FRUIT OF THE DAY

### DINNER

ASSORTED SALADS  
BREAD

### MEAT

CHINESE DUCK LEGS  
PORK AND CHORIZO BURGERS  
BEEF BOURGUIGNON  
CHICKEN VERONIQUE

### VEGETARIAN

SPINACH AND RICOTTA TORTELLINI

### FISH

PANGASIU  
STEAMED NEW POTATOES  
PASTA WITH PARSLEY  
SWEETCORN RICE  
ROASTED PEPPERS  
GREEN BEANS

VARIETY OF DESSERTS

### DINNER

ASSORTED SALADS  
BREAD

### MEAT

ROAST LEG OF LAMB  
LEMON CHICKEN FILLETS  
CREAM OF PORK  
BEEF BIAGIO

### VEGETARIAN

GARLIC MUSHROOMS

### FISH

TUNA STEAKS  
ROAST POTATOES  
PASTA  
BUTTERED RICE  
CREAMED SWEDE  
SAVOY CABBAGE

VARIETY OF DESSERTS

### DINNER

ASSORTED SALADS  
BREAD

### MEAT

PORK CHOPS AND SAGE  
CRUMBS  
CHICKEN FILLETS IN WHITE WINE  
BEEF YAKITORI  
TURKEY KORMA

### VEGETARIAN

ROASTED COURGETTES AND FETA

### FISH

HADDOCK  
GYPSY POTATOES  
RED PESTO PASTA  
SAFFRON RICE  
BROAD BEANS  
SLICED CARROTS

VARIETY OF DESSERTS

### DINNER

ASSORTED SALADS  
BREAD

### MEAT

BEEF LASAGNA  
DUCK MONTMORENCY  
MEXICAN TURKEY  
LAMB PORK AND CAPERS

### VEGETARIAN

STUFFED BEEF TOMATOES

### FISH

POLLOCK  
POTATO WEDGES  
PASTA WITH OLIVE OIL  
RICE WITH PEPPERS  
GARDEN PEAS  
BUTTERNUT SQUASH

VARIETY OF DESSERTS

### DINNER

ASSORTED SALADS  
BREAD

### MEAT

LAMB STEAKS GARLIC & ROSEMARY  
BREADED TURKEY ESCALOPE  
COTTAGE PIE  
CHICKEN AND COCONUT

### VEGETARIAN

VEGETABLE CANNELONI

### FISH

CORNISH SARDINES  
PARSLEY POTATOES  
PASTA  
BASMATI RICE  
CAULIFLOWER  
BRAISED RED CABBAGE

VARIETY OF DESSERTS

### DINNER

ASSORTED SALADS  
BREAD

### MEAT

ROAST BEEF  
PORK BELLY RIBS  
CHICKEN A LA KING  
LAMB AND ORANGE

### VEGETARIAN

VEGETABLE SPRING ROLLS

### FISH

SALMON & WATERCRESS QUICHE  
ROAST POTATOES  
MUSHROOM PASTA  
RICE  
ROASTED PARSNIPS  
BROCCOLI

VARIETY OF DESSERTS

### DINNER

ASSORTED SALADS  
BREAD

### MEAT

CHICKEN CHASSEUR  
PORK SCHNITZEL  
BEEF CARBONNADE  
LAMB IN A RED WINE SAUCE

### VEGETARIAN

VEGETABLE CURRY

### FISH

SEAFOOD RISOTTO  
DAUPHINOISE POTATOES  
PASTA  
CHINESE RICE  
GREEN BEANS  
GRILLED TOMATOES

VARIETY OF DESSERTS