

# 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