



CLAYESMORE
DORSET

SAMPLE MENU

Monday

Breakfast

Pork & beef sausages, grilled tomato and hash brown potatoes;
Toast, spreads, tea, coffee, milk, variety of cereals, orange juice.

Lunch

Sesame lamb served with a sweet and spicy chilli sauce, or...
Roasted vegetable and nut risotto;
Herby roast potato and fresh cauliflower florets;
Salad bar – a comprehensive range of 15-20 simple and complex salads ;
Selection of meats, fish and cheeses. which may include tuna, pork in honey and coriander, home cooked ham, topside of beef, sliced turkey, hot sausage rolls, jacket potatoes, coronation chicken, Stilton or Cheddar cheese, Dairylea triangle and Baby Bel. Occasionally, prawns, sardines, pilchard. Also crackers, Ryvita, bread.

followed by...

Lemon curd and coconut tart with custard
Cold sweets – these usually include: yoghurt, angel whip, and various fresh fruits, trifle, fruit jelly etc.

Supper

Soup and crusty rolls;
Grostl (an Austrian supper of fried bacon, fried potatoes, onion and fresh herbs); or
Pasta in cream and mushroom sauce
Baked beans;
Salad bar choice.
Sauces, bread, spreads, squash, tea, coffee, fruit, milk;

Tuesday

Breakfast

Poached egg, fried bread and mushrooms;
Toast, spreads, tea, coffee, milk, variety of cereals, orange juice.

Lunch

Mexican chicken wrap served with guacamole and salsa, or...
Vegetables baked in yoghurt and tandoori spices;
New potatoes, boiled rice and peas
Salad bar – as on Monday

followed by...

Banana served with cream and Demerara sugar;
Cold sweets – as on Monday

Supper

Soup and crusty rolls;
Goujons of plaice in breadcrumbs with tartare sauce, or
Vegetable crumble;
Waffle potatoes and spaghetti in tomato sauce;
Salad bar choice including baguettes with various fillings: tuna mayonnaise, cheese, egg and cress;
Sauces, bread, spreads, squash, tea, coffee, fruit, milk.