

# LAKE SHORE KITCHEN

18<sup>th</sup> – 22<sup>nd</sup> March 2019

Menu subject to availability & change

## Monday

### Breakfast

Sausage or Bacon Sandwich  
£2.60

Bacon or Sausage Muffin  
£2.60

Porridge with selective toppings

### Lunch

Freshly Made Carrot & Coriander Soup  
£2.50

**NEW**

Pollo A La Brasa served with skinny fries  
£4.95

**NEW**

Chick pea Falafels with Salsa Criolla (onion, tomato & cucumber) served with skinny fries  
£4.25

Sides  
Fries £1.30

### Healthy Eating

Goats Cheese & Lemon Rissotto  
£4.95

**Hot Jacket filling**  
Jacket Potato served with Beef Bolognaise  
£3.70

Lamb & mint pasty £3.00  
Sausage Roll £1.50

### Deli Bar

Topped Toastie Mushroom & Emmental & Cheese £3.00  
Chicken & Chorizo £3.50

### Salad Bar

Today's Salad Table  
£3.20 / £4.20

## Tuesday

### Breakfast

Sausage or Bacon Sandwich  
£2.60

Bacon or Sausage Muffin  
£2.60

Porridge with selective toppings

### Lunch

Freshly Made Minestrone Soup  
£2.50

Spicy Beef meatballs with spicy salsa sauce served with Mexican rice, sour cream & guacamole  
£4.95

Stuffed Peppers with cheese & tomato served with Mexican rice  
£4.25

Sides  
Mexican rice £1.30

### Healthy Eating

Grilled Mint & Lemon Pork escalope served with green bean & potato salad  
£4.95

**Hot Jacket Filling**  
Jacket Potato served with Beef Bolognaise  
£3.70

Lamb & mint pasty £3.00  
Sausage Roll £1.50

### Deli Bar

Topped Toastie Ham & Cheese £3.00  
Cheese & Tomato £2.70

### Salad Bar

Today's Salad Table  
£3.20 / £4.20

## Wednesday

### Breakfast

Sausage or Bacon Sandwich  
£2.60

Bacon or Sausage Muffin  
£2.60

Porridge with selective toppings

### Lunch

Freshly Made Leek & Potato Soup  
£2.50

Shepherds Pie served with Glazed carrots & garden peas  
£4.95

Vegetarian Shepherds Pie served with Glazed Carrots & garden peas  
£4.25

Sides  
Garden peas 75p  
Fresh Baton Carrots 75p

### Healthy Eating

Vegetable & Chickpea Tagine served with wholemeal pitta bread  
£4.25

**Hot Jacket Filling**  
Jacket Potato served with Beef Bolognaise  
£3.70

Lamb & mint pasty £3.00  
Sausage Roll £1.50

### Deli Bar

Topped Toastie Mushroom & Emmental & Cheese £3.00  
Chicken & Chorizo £3.50

### Salad Bar

Today's Salad Table  
£3.20 / £4.20

## Thursday

### Breakfast

Sausage or Bacon Sandwich  
£2.60

Bacon or Sausage Muffin  
£2.60

Porridge with selective toppings

### Lunch

Freshly Made Cream of Tomato Soup  
£2.50

Beef Madras served with Pilau Rice  
Mango Chutney Poppadum  
£4.95

Quorn Korma served with Pilau Rice  
Mango Chutney Poppadum  
£4.25

Sides  
Pilau Rice £1.30  
Garlic & Coriander Naan Bread 75p  
Vegetable Samosa 75p

### Healthy Eating

Vegetable & Bean Chilli served with brown rice  
£4.25

**Hot Jacket Filling**  
Jacket Potato served with Beef Bolognaise  
£3.70

Lamb & mint pasty £3.00  
Sausage Roll £1.50

### Deli Bar

Topped Toastie Ham & Cheese £3.00  
Cheese & Tomato £2.70

### Salad Bar

Today's Salad Table  
£3.20 / £4.20

## Friday

### Breakfast

Yoghurt Pot  
From £1.61

6 Item Full English Breakfast  
£4.42

Choose from:  
Bacon, Sausage, Egg, Mushrooms, Beans, Hash brown, Grilled tomato

### Lunch

Freshly Made Cream of vegetable Soup  
£2.50

Plain Battered Haddock served with Chips & Garden Peas  
£4.95

Hollands Cheese and Onion Pie  
Chips  
Baked Beans  
£4.25

Sides  
Crisp Chips £1.30  
Garden Peas 75p

### Healthy Eating

Simply Grilled Haddock with Red pepper cassoulet & new potatoes  
£4.95

**Hot Jacket Filling**  
Jacket Potato served with Beef Bolognaise  
£3.70

Lamb & mint pasty £3.00  
Sausage Roll £1.50

### Deli Bar

Topped Toastie Mushroom & Emmental & Cheese £3.00  
Chicken & Chorizo £3.50

### Salad Bar

Today's Salad Table  
£3.20 / £4.20