

LAKE SHORE KITCHEN

9th – 13th September 2019

Menu subject to availability & change

Monday

Breakfast

Sausage or Bacon Sandwich
£2.75

Bacon or Sausage Muffin
£2.75

Porridge with selective toppings

Lunch

Freshly Made Roasted Red Pepper & Tomato Soup
£2.50

Peruvian Spiced Chicken wrap served with skinny fries
£5.15

Chick pea falafels wrap with salsa criolla & skinny fries
£4.45

Sides
Skinny fries £1.35
Loaded corn on the cob 80p

Healthy Eating
Squash, pepper & aubergine Tagine with tomato bulgar wheat
£4.45

Hot Jacket Filling
Jacket Potato with Thai Red Chicken curry
£3.85

Lamb & Mint Pasty £3.00
Chorizo roll £2.30

Deli Bar

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

Salad Bar

Today's Salad Table
£3.35 / £4.45

Tuesday

Breakfast

Sausage or Bacon Sandwich
£2.75

Bacon or Sausage Muffin
£2.75

Porridge with selective toppings

Lunch

Freshly Made Sweet Potato, Butternut Squash & Chilli Soup
£2.50

Passanda Chicken Flatbread served with either Potato, chick pea salad or Indian rice salad
£5.15

Tikka Paneer & butternut squash flatbread served with either Potato, chick pea salad or Indian rice salad
£4.45

Sides
Spicy fries £1.35
Onion bhaji 35p

Healthy Eating
Turkey Brochette with red pepper salsa
£5.15

Hot Jacket Filling
Jacket Potato with Thai Red Chicken curry
£3.85

Lamb & Mint Pasty £3.00
Chorizo roll £2.30

Deli Bar

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

Salad Bar

Today's Salad Table
£3.35 / £4.45

Wednesday

Breakfast

Sausage or Bacon Sandwich
£2.75

Bacon or Sausage Muffin
£2.75

Porridge with selective toppings

Lunch

Freshly Made Carrot & Coriander Soup
£2.50

Roast Turkey Breast with cranberry sauce, gravy, Buttery new potatoes and a choice of one vegetable
£5.15

Goats cheese & onion Tart served with gravy, buttery new potatoes and a choice of one vegetable
£4.45

Sides
Chips £1.35
Garden peas or baton carrots 80p
Buttery new potatoes £1.35

Healthy Eating
Grilled Haddock, olive, lemon & dill salsa & new potatoes
£5.15

Hot Jacket Filling
Jacket Potato with Chefs choice of filling
£3.85

Lamb & Mint Pasty £3.00
Chorizo roll £2.30

Deli Bar

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

Salad Bar

Today's Salad Table
£3.35 / £4.45

Thursday

Breakfast

Sausage or Bacon Sandwich
£2.75

Bacon or Sausage Muffin
£2.75

Porridge with selective toppings

Lunch

Freshly Made Leek & Potato Soup
£2.50

Chicken Balti served with Pilau Rice, mango chutney & one Poppadum
£5.15

Paneer Tikka Masala served with Pilau Rice, mango chutney & one Poppadum
£4.45

Sides
Pilau Rice £1.35
Garlic & Coriander Naan Bread 80p
Vegetable Samosa 80p

Healthy Eating
Pork & Beef Meatballs cooked in an olive & tomato sauce with bulgar wheat & broccoli
£5.15

Hot Jacket Filling
Jacket Potato with Chicken & Mushrooms
£3.85

Lamb & Mint Pasty £3.00
Chorizo roll £2.30

Deli Bar

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

Salad Bar

Today's Salad Table
£3.35 / £4.45

Friday

Breakfast

Sausage or Bacon Sandwich
£2.75

6 Item Full English Breakfast
£4.65

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

Lunch

Freshly Made Cream of Tomato Soup
£2.50

Plain Battered Haddock or Breaded scampi served with Chips & a choice of one vegetable
£5.15

Shanghai Chilli Stir fry Vegetables served with egg noodles
£4.45

Healthy Eating
Morrocan Spiced Orange roast chicken breast served with spiced vegetables & coriander cous cous
£5.15

Hot Jacket Filling
Chicken & Mushrooms
£3.85

Lamb & Mint Pasty £3.00
Chorizo roll £2.30

Deli Bar

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

Salad Bar

Today's Salad Table
£3.35 / £4.45