



Menu Suggestions

Jen Sutton

Breakfast

Every morning:

- Yogurts
- Selection of cereals/breads/croissants
- Porridge
- Fruit

Hot breakfast options:

- Scrambled eggs with bacon served on toasted baguette
- Homemade crepes (Nutella, lemon & sugar or jam)
- American style pancakes
- English breakfast – sausage, bacon, fried egg, grilled tomato, sautéed mushrooms and toast
- Muffin with smoked salmon or crab, chive and cream cheese, topped with a poached egg
- Omelettes with a choice of ham, cheese and tomato

Lunch

- Vegetable rainbow pie with salad (tortilla type pie!)
- Mexican salmon salad with new potatoes and herbs
- Baked ham and potatoes with salads
- Seared beef salad with capers & mint
- Potato and leek pie with griddled vegetables
- Fresh pasta salad with tuna and asparagus
- Cod with cucumber, avocado & mango salsa salad
- Individual quiches with salads

Afternoon Tea

- Mango tea loaf plait with butter
- Strawberry Cream tea cake
- Fruit scones with homemade jam
- Lemon drizzle cake
- Raspberry Bakewell cake
- Gorgeous chocolate brownies

Evening Meal

Suggestions for the Children

Mains

- Crumbled Fish with homemade chips and salad
- Chicken breast with gravy, corn, carrots and potatoes and/or salad
- Homemade beef or chicken/quorn burgers with oven baked potato wedges
- Vegetable lasagne with salad and garlic bread
- Pineapple and pork skewers with vegetables
- Homemade pizzas with fresh vegetables

Children's Desserts

- Ice cream sundaes with fruit and shortbread
- Fruit salad with ice cream or yogurt
- Lemon tart or waffles with yogurt or cream
- Banana ice cream sandwiches

Suggestions for Adult Evening Meal

Canapés

- Chicken satays
- Feta and spinach filo parcels
- Roasted aubergine dip with crudités
- Smoked salmon and spinach swirls
- Chili and honey roasted sausages
- Blinis with fresh cheese and herbs
- Skewers of pear puree, baby tomatoes and local cheese

Starters

- Haddock fish cakes with salad
- Endive and Roquefort salad with walnut dressing
- Salmon and crab meele with salad
- Red onion and goats cheese tartlets
- Crab or salmon mousse with Melba toast
- Crab, chilli and pink grapefruit salad
- Hot buttered local crab on toast
- Fresh pea soup
- Roasted butternut squash salad with feta, caramelised onion and toasted pine nuts

Mains

- Citrus crusted salmon with white wine and dill sauce served with mashed potatoes, fresh peas and asparagus
- Tarragon and white wine chicken fricassee with cherry tomatoes and wild rice
- Moroccan lamb with cous cous and roasted cauliflower
- Panzanella salad (Tuscan tomato and bread salad) with marinated lamb or pork kebabs
- Baked cod, smoky bacon and cheddar sauce, crispy potatoes and fresh green salad
- Roast rack of pork with wild garlic stuffing
- Cumin and onion marinated BBQ beef

Vegetarian/Vegan Mains (can be adapted to suit)

- Stuffed red peppers with crunchy bulgur salad
- Spinach crepes with mushrooms
- Red onion and olive quiche with tomato and carrot salad
- Baked onion with fresh herb stuffing and local cheese
- Petis pois risotto
- Slow roasted courgette with fennel and orzo
- Leek tart with red pepper sauce
- Griddled halloumi with watermelon and capers

Desserts

- Individual summer puddings
- Blueberry cheesecake
- Giant peach, nectarine & apricot meringue tart
- Lemon tart with berries
- English trifle
- Hot chocolate puddings
- Gin and Tonic cheesecake
- Chai pudding cake with fresh cream
- Apple and pear crisp with whiskey custard