

# Typical weekly menus at Gavin Astor House

Menus are reviewed regularly and rotate every four weeks. These are sample menus for just two weeks:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Continental or Full English	Continental or Full English	Continental or Full English	Continental or Full English	Continental or Full English	Continental or Full English	Continental or Full English
<b>Lunch</b>	Soup, melon or grapefruit  Pork cutlet with bubble & squeak potatoes with sage gravy with medley of vegetables  Vegetable pasta bake  Treacle tart & custard	Soup, melon or grapefruit  Beef & ale pie with a rich red wine & thyme gravy with delmonico potatoes, carrots and broccoli  Vegetable korma with basmati rice  Strawberry cake	Soup, melon or grapefruit  Poached salmon with lemon dill sauce herb potatoes, creamed leeks, roasted courgettes  Potato rosti with poached egg wilted spinach with hollandaise sauce  Pineapple upside down pudding	Soup, melon or grapefruit  Pan-fried chicken supreme in a mushroom cream sauce lyonnais potatoes, broccoli, baton thyme carrots  Courgette & tomato ratatouille in a cream mornay sauce  Pear & almond tart with vanilla ice-cream	Soup, melon or grapefruit  Battered haddock & lemon, tartare sauce or poached haddock and parsley sauce with fries, mushy peas, tomato  Spinach & cream cheese tart  Cherry pie with pouring cream	Soup, melon or grapefruit  Grilled gammon & pineapple, saute potatoes, carrots, and cauliflower au gratin  Mushroom stroganoff with braised rice  Steamed lemon sponge with lemon sauce	Soup, melon or grapefruit  Roast lamb with mint sauce & redcurrant gravy with roast potatoes & creamed mash seasonal vegetables  Vegetarian casserole  Bananas & custard
<b>Supper</b>	Soup  Leek & potato bake with mixed salad  Poached pears & vanilla sauce	Soup  Corned beef hash, beans and gravy  Ginger sliced cake	Soup  Chicken & bacon pasta  Mixed flavoured mini sponge cakes	Soup  Pilchards on toast  Chocolate whip	Soup  Prawn cocktail salad  Jelly and whipped cream	Soup  Jumbo sausage roll & baked beans  Butterscotch mousse	Soup  Selection of sandwiches  Scones with cream and jam
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Continental or Full English	Continental or Full English	Continental or Full English	Continental or Full English	Continental or Full English	Continental or Full English	Continental or Full English
<b>Lunch</b>	Soup, melon or grapefruit  Turkey fricassee with sauté potatoes and sage creamed swede and broccoli  Macaroni cheese  Coconut sponge & whipped cream	Soup, melon or grapefruit  Mince beef and onion pie with boiled potatoes and mixed seasonal vegetables  Cheese & creamed leek potato bake  Oranges in jelly	Soup, melon or grapefruit  Lamb and vegetable casserole with sliced runner beans & courgette and spring onion mash  Spinach & quorn cannelloni  Fruit meringue with chantilly cream	Soup, melon or grapefruit  Pork tenderloin stuffed with prunes served with red wine gravy with creamed celeriac and carrots herb potatoes  Tomato & aubergine gratin with courgette  Lemon and lime mousse	Soup, melon or grapefruit  Fish and chips with tartare sauce served with peas and sweetcorn  Savoury quorn mince  Semolina with plum	Soup, melon or grapefruit  Braised liver & bacon with onion gravy creamed potato with honey glazed carrots and cabbage  Mushroom bake puff pastry  Blueberry tart with almond	Soup, melon or grapefruit  Roast beef & yorkshire pudding with roast and creamed potato with brussels sprouts and roasted parsnips  Vegetarian roasted vegetable strudel with tomato and basil sauce  Sherry trifle
<b>Supper</b>	Soup  Smoked haddock creamed pancakes  Banana and chocolate cake	Soup  Ham and mushroom pasta bake  Jam tart with whipped cream	Soup  Egg florentine  Mandarin & coffee gateaux	Soup  Scrambled eggs & chive on toast  Apple turnover	Soup  Cheese ploughmans  Doughnuts	Soup  Faggots & mushy peas with gravy  Toffee and walnut bar	Soup  Selection of sandwiches  Chocolate fudge brownie