

YMCA Winchester House – Sample Menu 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Croissants & crumpets	Sausages, spaghetti & waffles	Bacon in warm baguette	Scrambled egg, sausage & croquette potato	Bacon, egg, sausage & beans	Sausage bap	Boiled eggs
Also offered: Cereals, squash, toast, assorted yoghurts							
Lunch	Packed lunch - will include sandwich or bap with various fillings, crisps, fruit, cake or snack bar and a drink. Alternatives can be arranged on request.						Roast of the day, roast potatoes & carrot wedges, cauliflower & gravy or (v) Roast Quorn & trimmings. Fruit meringue & thick cream
Dinner	Lasagne, garlic bread & peas or (V) Vegetarian chilli with rice, garlic bread & peas or salad Arctic Roll or Fruit or Yoghurts	Mild lamb curry & rice, poppadoms, mango chutney & mixed vegetables or (V) Vegetarian meatballs in tomato sauce, cheesy mash & mixed vegetables or salad Treachle sponge & custard or Fruit or Yoghurts	Roast of the week, roast potatoes, roasted roots, cauliflower & trimmings or (V) Roast Quorn, roast potatoes, roasted roots, cauliflower & trimmings or salad Fruit jelly & thick cream or Fruit or Yoghurts	Sausages, chips & sweetcorn or (V) Homemade cheese & tomato pizza, chips & sweetcorn or salad Double banana whip & cookie or Fruit or Yoghurts OR <u>BBQ</u> Chicken drumstick 1/4lb cheeseburger, potato wedges & mixed salad & cake	Turkey meatballs in tomato sauce, potato wedges, diced swede & broccoli or (V) Vegetarian pasta bake, potato wedges, Diced swede & broccoli or salad Jam roly-poly or Fruit or Yoghurts	Chinese chicken noodles & cauliflower or (V) Vegetarian cobbler, saute potatoes & cauliflower or salad Fruit crumble & ice cream or Fruit or Yoghurts	Cold plattered buffet (a selection of breads, pastries, meat, fish & cheese) Cake selection

Please make the YMCA Winchester House Manager aware if there are any people within your party with food allergies or intolerances.

A full list of allergens for each menu can be obtained from the YMCA Winchester House kitchen.

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