

# Coast



## Sample menu

### Kitchen

**Specials**

**Daily options**

**Side dishes**

**Monday**

Pan fried pork steak with creamy paprika sauce  
Beef & ginger casserole  
Smoked haddock & macaroni cheese fishcakes  
Creamy vegetable pie (v)

Pasta with a choice of sauce  
Cajun spiced chicken breast  
Jacket potato with choice of toppings

Braised courgettes with peppers & onions  
Roast new potatoes with onions  
Steamed rice  
Roast cauliflower

**Tuesday**

Rolled roast shoulder of lamb with mint sauce  
Beef in black bean sauce  
BBQ Baby back ribs  
Spinach & goats cheese cannelloni(V)

Pasta with a choice of sauce  
Cajun spiced chicken breast  
Jacket potato with choice of toppings

Boulangère potatoes  
Steamed rice  
Roast carrots & parsnips  
Steamed Romanesco

**Wednesday**

Peri-peri chicken thighs  
Lamb & green bean casserole  
Baked cod fillet in tomato & basil sauce  
North African potato, mushroom, chick pea & sweet pepper casserole (V)

Pasta with a choice of sauce  
Cajun spiced chicken breast  
Jacket potato with choice of toppings

Parsley boiled potatoes  
Steamed rice  
Stir fried courgettes & aubergine  
Buttered sweet corn

**Thursday**

Slow roast belly of pork apple sauce  
Gheema beef curry (Cape Malay beef)  
Chicken ala king  
Cauliflower cheese (V)

Pasta with a choice of sauce  
Cajun spiced chicken breast  
Jacket potato with choice of toppings

Crushed new potatoes  
Steamed rice  
Braised green beans & sugar snaps  
Glazed butternut squash

**Friday**

Battered cod fillet  
Pepper steak pie  
Southern fried chicken breast  
Pumpkin & wild mushroom filled messaluna (V)

Pasta with a choice of sauce  
Cajun spiced chicken breast  
Jacket potato with choice of toppings

Fried potatoes with salt, cracked pepper & rosemary  
Steamed rice  
Mushy peas  
Roast carrots with caraway seeds