

Harbour House Typical Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	CHOICE OF CEREAL/ TOAST * FRESH FRUIT * PORRIDGE * EGG, BACON & BEANS FRESH GROUND COFFEE/TEA/ FRUIT JUICES	CHOICE OF CEREAL/ TOAST * FRESH FRUIT * PORRIDGE * SCRAMBLED EGG * FRESH GROUND COFFEE/TEA/ FRUIT JUICES	CHOICE OF CEREAL/ TOAST * FRESH FRUIT * PORRIDGE * SAUSAGE, TOMATO & MUSHROOMS * FRESH GROUND COFFEE/TEA/ FRUIT JUICES	CHOICE OF CEREAL/ TOAST * FRESH FRUIT * PORRIDGE * POACHED EGG & BACON * FRESH GROUND COFFEE/TEA/ FRUIT JUICES	CHOICE OF CEREAL/ TOAST * FRESH FRUIT * PORRIDGE * BREAKFAST OMELETTE * FRESH GROUND COFFEE/TEA/ FRUIT JUICES	CHOICE OF CEREAL/ TOAST * FRESH FRUIT * PORRIDGE * KIPPERS * FRESH GROUND COFFEE/TEA/ FRUIT JUICES	CHOICE OF CEREAL/ TOAST * FRESH FRUIT * PORRIDGE * SMOKED SALMON & SCRAMBLED EGG * FRESH GROUND COFFEE/TEA/ FRUIT JUICES
10:30AM	TEA/FRESH GROUND COFFEE OR CHILLED FRUIT JUICES & BISCUITS						
LUNCH	LEEK & POTATO SOUP * SLOW BRAISED BEEF IN RED WINE, CHIVE MASH AND BUTTERED GREENS * PEPPERED QUORN STEAK, CHIVE MASH & BUTTERED GREENS * CINNAMON POACHED APRICOTS & SULTANAS	BUTTERNUT SQUASH & SAGE SOUP * SHEPHERD'S PIE WITH CARROTS & BRAISED RED CABBAGE * SOYA MINCE "SHEPHERDS PIE" WITH CARROTS & BRAISED RED CABBAGE * AFTER 8 BROWNIE	CELERIAC & APPLE SOUP * HONEY BAKED GAMMON HAM, EGG & HERB POTATOES * EGG & SPINACH STUFFED PEPPER & HERB POTATOES * KEY LIME PIE	PEA, LEEK & HAM BROTH * SPAGHETTI BOLOGNESE WITH HOMEMADE GARLIC BREAD * VEGETABLE RAGU, WITH HOMEMADE GARLIC BREAD * WHITE CHOCOLATE & APRICOT BREAD & BUTTER PUDDING	BROCCOLI & STILTON SOUP * BREADED FISH OF THE DAY, CHIPS & PEAS * RED PEPPER & BRIE TARTLET, CHIPS & PEAS * LEMON TART	TOMATO & RED LENTIL SOUP * GAME PIE, NEW POTATOES & ROASTED VEGETABLES * RED DRAGON PIE, NEW POTATOES & ROASTED VEGETABLES * APPLE & BLACKBERRY CRUMBLE	CARROT & CORIANDER SOUP * ROAST PORK WITH STUFFING & CRACKLING, ROAST POTATOES, PARSNIPS & CAULIFLOWER CHEESE * CHEESE, BEAN & PICKLE LOAF * FRESH FRUIT & SHERRY TRIFLE
3:30PM	TEA/FRESH GROUND COFFEE/FRUIT JUICE WITH CHOICE OF HOMEMADE CAKES & BISCUITS						
SUPPER	CHEESE & BISCUITS * SELECTION OF HOMEMADE DESSERTS * FRESH COFFEE/ TEA & FRUIT JUICES	SMOKED MACKEREL PATE * SELECTION OF HOMEMADE DESSERTS * FRESH COFFEE/ TEA & FRUIT JUICES	MACARONI CHEESE * SELECTION OF HOMEMADE DESSERTS * FRESH COFFEE/ TEA & FRUIT JUICES	JACKET POTATO WITH TUNA OR CHEESE * SELECTION OF HOMEMADE DESSERTS * FRESH COFFEE/ TEA & FRUIT JUICES	COLD MEAT/CHEESE PLATTER * SELECTION OF HOMEMADE DESSERTS * FRESH COFFEE/ TEA & FRUIT JUICES	WELSH RAREBIT * SELECTION OF HOMEMADE DESSERTS * FRESH COFFEE/ TEA & FRUIT JUICES	SOUP & SANDWICHES * SELECTION OF HOMEMADE DESSERTS * FRESH COFFEE/ TEA & FRUIT JUICES