

# Sample Menus – Papdale Halls of Residence

## Breakfast

Porridge and Choice of Cereals, Fresh Fruit, Yoghurts, Fruit Juice, Tea, Coffee, Toast, Rolls etc.

## Cooked Breakfast

Sausage, Bacon, Tomatoes, Mushrooms, Black Pudding, Potato Scone, Eggs, Beans.

## Fish

Stuffed Baked Haddock, Fish Pie, Baked Salmon – Hollandaise Sauce, Fried Haddock, Salmon and Broccoli Bake, Fish Cakes and Tomato Sauce, Haddock and Sweetcorn Lasagne, Prawn and Bacon Stir Fried Rice

## Meat

Steak Pie, Roast (Beef, Chicken, Pork), Pork and Bacon Meatloaf, Beef Curry, Chicken Korma, Beef Stew and Dumplings, Beef Olives, Stroganoff, Chicken and Broccoli Bake, Lasagne, Parmesan Chicken, Pork Chops, Gammon Steaks and Parsley Sauce, Sweet and Sour Pork, Spaghetti Bolognese, Spaghetti Carbonara, Shepherd's Pie, Chicken Pie, Chicken and Mushroom Vol au Vents, Meatball Goulash, Bacon, Tomato and Courgette Pasta.

## Vegetarian

Spanish Omelette, Vegetable Lasagne, Vegetable Risotto, Mushroom Rissoles, Chick Pea and Lentil Curry, Vegetable Crumble, Pasta, Pepper and Mozzarella Bake, Tomato Baked Noodles, Aubergine Moussaka, Mushroom and Peanut Roast, Vegetable Pesto Pie and Mash.

## **Sweets**

Orkney Fudge Cheesecake, Brown Bread Ice Cream and Raspberry Coulis, Orkney Ice Cream and Whiskey, Butterscotch Sauce, Chocolate Roulade, Fresh Fruit Salad / Pavlova, Apple Pie / Crumble, Sticky Toffee Pudding, Lemon Meringue Pie, Pear and Gingerbread Sponge with Custard, Pear and Black Cherry Trifle, Strawberry Crumble Flan.

## **In House Lunch (2 Courses)**

### **First Course**

Soup and Sandwiches, Stuffed Baked Potatoes (Various Fillings), Quiche and Salad, Macaroni Cheese and Chips, Baked Potatoes / Fillings / Salad, Sausage, Tomato and Pasta Melt, Beef Chilli and Rice / Tacos / Salad.

### **Second Course**

Assorted Yoghurts, Carrot Cake, Fruit Bowl, Muffins, Apple and Cinnamon Cake, Flap Jacks.

## **Packed Lunch (includes)**

Sandwiches, Wraps, Rolls, Piece of Fruit, Yoghurt, Biscuit / Cereal Bars, Bottled Water, Crisps, Biscuit and Cheese.