

DEMENTIA FRIENDLY COMMUNITY NIGHT

Wednesday 6th February | 7pm | 1 course £15, 2 course £20, 3 courses £25

STARTERS

MINISTRONE SOUP

Mixture of seasonal vegetables and pasta

SMOKED MACKEREL

Served with pickled vegetables and salad

CHICKEN WINGS

Glazed with sweet chilli sauce, lemon and garlic

CREAMY MUSHROOM BRUCHETTA

Sat on toasted bread and served with salad

MAINS

BEEF AND VEGETABLE STEW

Slow cooked cubes of beef, with carrots, parsnips and haricot beans

PAN GRILLED PORK LOIN

Served with butter mashed potato and wholegrain mustard sauce

CHICKEN CREOLI

Chicken cooked in a rich tomato sauce, with mushrooms, peppers and olives

GRILLED COD FILLETT

Served with lemon butter sauce and steamed green beans

OPEN LASAGNA

Layers of pasta and Mediterranean vegetables in a creamy tomato sauce

DESSERTS

ETON MESS

Chantilly cream, fruits of the forest and meringue

PROFITEROLES

Choux pastry filled with cream and topped with chocolate sauce

STICKY TOFFEE PUDDING

Served with vanilla ice cream and butterscotch sauce

GELATO

Chocolate, strawberry and vanilla