

Friday 10th July



Supper 7pm

Salmon with a lemon and chive sauce, fresh vegetables and new potatoes.

~~~~~

\*Lentil and spinach patties\*

~~~~~

Banoffie pots

Menus are subject to change due to the availability of fresh ingredients.

Where possible, everything you eat will be home-made with locally sourced products. We always use free-range eggs.

All meat from our butcher is from either Norfolk, Suffolk or Essex. It is all farm assured and the chickens are free range and corn fed.

Please Note That Some Food May Contain Nuts

Saturday 11th July

Breakfast 8.15am

A selection of cooked items



Lunch 1pm

Ploughman's lunch with ham off the bone, Stilton and cheddar.

~~~~~

Benslow smoothie  
Cup cakes

---

### *Supper 7.00pm*

Lasagne (with minced steak) garlic bread and salad

~~~~~

*Vegetarian lasagne with goats cheese *

~~~~~

Chocolate fudge cake and cream.

## Sunday 12th July

### *Breakfast 8.15am*

Porridge/eggs

---

### *Lunch 1pm*

Free range chicken with sage stuffing and trimmings.

~~~~~

Nut loaf and trimmings.

~~~~~

Benslow Artic roll



---

**NB: \*Denotes the Vegetarian**

***option for those who have advised***

***us in advance***