



MARINECATERING
SERVICES

2019

Week one Menu



Henry Taylor Anderson of Marine
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1/15/2019

Menu -Week One: Created by Henry Taylor Anderson
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Version 1-2019 **H*** = Healthy **V*** = Vegetarian **VE***= Vegan **D/F***
NF*= Nut Free

Monday



Lunch

1. **V*** Green Split Pea Soup
2. **NF*/GF*** Braised Mince, Creamed Potato, Mixed Vegetables
3. **V*/DF*** Aubergine Curry with Rice
4. **DF*** Spaghetti alla Puttanesca **(Chef's Ethnic Dish)**
5. **Sandwich: (A)** Cheese and Pickle **(B)** Corned Beef and Coleslaw
6. **H*** Lunch Salad Bar Selection **(12 salads)**
7. **(Divers Choice)**
8. **H*** Baked Potato

Baked Potato Selection H*NF*/GF*: (A) Plain (B) with Grated Cheese



Dinner

Evening Starters

9. **V*** Soup of the Day
10. **H* NF*/GF*** Fan of Seasonal Melon
11. **NF*/GF*** Egg Marie Rose Salad



Main Course

12. Beef Olives with Root Vegetables
13. **NF*/GF*** Roast leg of Lamb with Gravy
14. **NF*/GF*** Chicken Percik (Mild Curry) **(Chefs Ethnic Dish)**
15. **H*** Poached Salmon Steak
16. **V* NF*/GF*** Courgette Fritters
17. **(Divers Choice)**



Accompaniments

18. Lyonnaise Potatoes
19. Roast Potatoes
20. **(A)** Boiled Rice **(B)** Fried Rice
21. Glazed Carrots
22. Cauliflower au Gratin



Desserts

23. Crème Caramel
24. **H*** Fresh Fruit Cocktail

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Tuesday



Lunch

1. **V*** Cream of Tomato Soup
2. Corned Beef Hash
3. **V*/VE* NF*/GF*** Chick Pea and Tomato Curry with Steamed Rice
4. Spaghetti Bolognese **(Chef's Ethnic Dish)**
5. **Sandwich: (A)** Ham Salad **(B)** Hot Minute Steak with Onion
6. **H*** Lunch Salad Bar **(12 salads)**
7. **(Divers Choice)**
8. Baked Potato

Baked Potato: H* NF*/GF* (A) Plain **(B)** with Hot Baked Beans



Dinner

Evening Starters

9. **V*** Soup of the Day
10. **H*** Sliced Fresh Pineapple
11. **V*/VE** Tomato stuffed with Leek and Raisin Conserve



Main Course

12. **NF*/GF*** Roast Pork with Apple Sauce and Gravy
13. **NF*/GF*** Chicken Marengo (in Tomato Sauce)
14. **NF*/GF*** Beef Rendang **(Chef's Ethnic Dish)**
15. **H* NF*/GF*** Oven Baked Snapper Fillet with Tomato and Onion
16. **V*** Vegetable Lasagne
17. **(Divers Choice)**



Accompaniments

18. Mashed Potato
19. Roast Potato
20. **(A)** Boiled Rice **(B)** Fried Rice
21. Green Peas
22. Mixed Vegetables



Desserts

23. Apple Crumble and Custard
24. **H*** Fresh Fruit Cocktail

Wednesday



Lunch

1. **V*/VE*** Lentil and Mixed Vegetable Soup
 2. **NF*/GF*** BBQ Chicken Breast with Rice
 3. **V*** Macaroni Cheese
 4. Fish Goujons with French Fries
 5. **Sandwich: (A)** Egg Mayo **(B)** Tinned Salmon Salad
 6. **H*** Lunch Salad Bar **(12 salads)**
 7. **(Divers Choice)**
 8. Baked Jacket Potato
- Baked Potato NF*/GF* H*: (A)** Plain **(B)** with Coleslaw



Dinner

Evening Starters

9. **V*/VE*** Soup of the Day
10. **H*** Florida Cocktail
11. **V*** Garlic Mushrooms on Toast



Main Course

12. Beef Lasagne with Garlic Bread
13. **NF*/GF*** Grilled Lamb Chops
14. **NF*/GF*** Red Goan Chicken Curry with Condiments **(Chef's Ethnic Dish)**
15. **H*** Fillet of Snapper Anglaise
16. **V*** Vegetable Chow Mein
17. **(Divers Choice)**



Accompaniments

18. Cheesy Mashed Potato
19. Boulanger Potato
20. **(A)** Boiled Rice **(B)** Fried Rice
21. Steamed Broccoli
22. Buttered Sweet Corn



Desserts

23. Bread and Butter Pudding served with Whipped Cream
24. **H*** Fresh Fruit Cocktail

Thursday



Lunch

1. **V*/VE*** Broccoli and Red Pepper Soup
2. Sausage Chips and Baked Beans
3. **V*** Four Cheese Vegetable Pizza
4. Pasta a la Tonto (Tuna and Tomato Pasta) **(Chef's Ethnic Dish)**
5. **Sandwich: (A)** Corned Beef and Branston Pickle **(B)** Tuna Salad
6. **H*** Lunch Salad Bar **(12 salads)**
7. **(Divers Choice)**
8. Baked Potato

Baked Potato NF*/GF*: **(A)** Plain **(B)** with BBQ Sausage



Dinner

Evening Starters

9. **V*/VE*** Soup of the day
10. **H*** Mixed Melon Cocktail
11. **V*** Vegetable Spring Rolls with Sweet Chilli Sauce



Main Course

12. **NF*** Braised Steak, Suet Dumplings and Root Vegetables
13. **NF*** Roast Chicken with Oatmeal Stuffing and Gravy
14. **NF*/GF*** Lamb Madras **(Chef's Ethnic Dish)**
15. **H*** Oven Baked Snapper with Lemon Sauce
16. **V* NF*/GF*** Squash and Mixed Bean Chilli
17. **(Divers Choice)**



Accompaniments

18. Mashed Potatoes
19. Roast Potatoes
20. **(A)** Boiled Rice **(B)** Fried Rice
21. French Beans
22. Sliced Carrots



Desserts

23. Home Made Apple Pie with Custard
24. **H*** Fruit Cocktail

Friday



Lunch

1. **V*** Broccoli and Stilton Soup
2. Pork Chops with Onion Gravy and Mashed Potato
3. **V*/VE*** Stuffed Peppers with Savoury Rice, coated in Cheese Sauce
4. Chinese Chicken Curry with Rice **(Chef's Ethnic Dish)**
5. **Sandwich: (A)** Hot Dog with Onions **(B)** Tuna, Onion and Mayo
6. **H*** Lunch Salad Bar **(12 salads)**
7. **(Divers Choice)**
8. Baked Potato

Baked Potato H* NF*/GF*: **(A)** Plain **(B)** with Tinned Salmon and Mayo



Dinner

Evening Starters

9. **V*** Soup of the Day
10. **H*** Sliced Papaya
11. **H*** Poached Egg on Toast



Main Course

12. **NF*/GF*:** Chicken and Mushroom Casserole
13. **NF*/GF*:** Roast Beef served with Gravy and Yorkshire Puddings
14. **NF*/GF*:** Thai Red Pork Curry **(Chef's Ethnic Dish)**
15. **H*** Grilled Tuna Steak
16. **V*** Cauliflower, Roasted Tomato and Pasta Bake
17. **(Divers Choice)**



Accompaniments

18. French Fries
19. Boiled Potatoes
20. **(A)** Boiled Rice **(B)** Fried Rice
21. Ratatouille
22. Brussels Sprouts



Desserts

23. Open Peach Tarts with Custard
24. **H*** Fruit Cocktail

Saturday



Lunch

1. **V*/VE*** Carrot and Coriander Soup
2. **NF*** Cheese Burger and French Fries
3. **V*** Vegetable Quorn Shepherd's Pie
4. Fish and Chips **(Chef's Ethnic Dish)**
5. **Sandwich:** (A) Tuna and Mayo (B) Grated Cheese and Onion
6. **H*** Lunch Salad Bar **(12 salads)**
7. **(Divers Choice)**
8. Baked Potato

Baked Potato: (A) Plain (B) Chicken Corn and Mayo



Dinner

Evening Starters

9. **V*/VE*** Soup of the Day
10. **H*** Sliced Kiwi Fruits
11. Buttered Corn on the Cob



Main Course

12. **NF*/GF*:** Cottage Pie
13. **NF*/GF** Roast Duck with Orange Sauce
14. **NF*/GF** Lamb Biryani **(Chef's Ethnic Dish)**
15. **H*** Snapper Portuguese (Tomato and Olive Sauce)
16. **V*** Eggplant Involtini
17. **(Divers Choice)**



Accompaniments

18. Sautee Potatoes
19. French Fries
20. **(A)** Boiled Rice **(B)** Fried Rice
21. Green Beans
22. Cauliflower au Gratin



Desserts

23. Apple and Pear Crumble with Custard
24. **H*** Fruit Cocktail

Sunday

Lunch Menu

Starters

1. **V*/VE*** Green Pea Soup
2. Smoked Salmon Garni
3. Prawn Cocktail

Main Course

4. **NF*/GF*** Plain Filet Steak
5. **NF*/GF*** Peppered Filet Steak with Peppercorn Sauce
6. **NF*** Roast Chicken with Oatmeal Stuffing and Gravy
7. **H*** Poached Salmon Steak
8. **(Divers Choice)**
9. **V*/VE*** Roast Vegetable, Coconut and Turmeric Stew

Accompaniments

10. Roast Potatoes
11. French Fries
12. Green Peas/Sweet Corn
13. Sautéed Mushrooms/Onion Rings
14. Boiled Rice
15. **H*** Salad Bar

Desserts

16. Individual Trifles
17. Ice Cream with Topping

Dinner Menu

18. **NF*** Pork Stroganoff with Steamed Rice
19. **H* NF*/GF*** Cold Poached Chicken Breast Salad with Baked Potato
20. **NF*/GF*** Chicken Madras Curry with Steamed Rice
21. **V*** Baked Macaroni and Cheese with French Fries
22. **(Divers Choice)**
23. **H*** Fresh Fruit Cocktail
24. Rice Pudding
25. Ice cream Bar

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In Port Menu



Lunch

1. **V*** Cream of Tomato Soup
 2. **Sandwich: (A)** Cheese and Tomato **(B)** Corned Beef and Tomato
 3. **Plated Salad: H*** Poached Salmon Steak Salad
 4. Spaghetti Bolognaise
 5. **V*** Pasta Arabiatta
 6. French Fries
 7. **(Divers Choice)**
 8. Baked Potato
- Baked Potato: (A)** Plain **(B)** Grated Cheese and Onion



Dinner Menu

Evening Starters

9. **V*** Soup of the Day
10. **H*** Sliced Pineapple



Main Course

11. **Plated Salad: NF*/GF*** Cold Tuna Salad
12. **NF*/GF*** Individual Lamb Hot Pot
13. **NF*/GF*** Chicken Vindaloo with Rice **(Chef's Ethnic Dish)**
14. **H*** Poached Cod and Parsley Sauce
15. **(Divers Choice)**
16. **V*** Grilled Halumi Cheese



Accompaniments

17. French Fries
18. Baked Jacket Potato
19. Carrots
20. Peas
21. **H*** Salad Bar **(12 salads)**



Desserts

22. Apple and Mincemeat Jalousie Tart
23. **H*** Fresh Fruit Cocktail