

# Sample Menu

## NBH Senior Hampstead



North Bridge House  
Senior Hampstead

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SOUP OF THE DAY</b> Carrot &amp; coriander Freshly baked bread</p> <p><b>DISH OF THE DAY</b> Pasta carbonara with smoked ham &amp; parmesan cheese</p> <p><b>VEGETARIAN OPTION</b> Spaghetti marinara</p> <p><b>SPECIAL OF THE DAY</b> Ham salad ciabatta, sweet potato &amp; red pepper flan</p> <p><b>TODAY'S VEGETABLES</b> Jacket potatoes, steamed carrots, baked beans, salad bar</p> <p><b>DESSERT</b> Whole fruit, fresh fruit salad or low fat yoghurt</p>	<p><b>SOUP OF THE DAY</b> Mildly spiced butternut squash Freshly baked bread</p> <p><b>DISH OF THE DAY</b> Spicy jerk chicken with rice &amp; peas</p> <p><b>VEGETARIAN OPTION</b> Thai vegetable curry with coconut</p> <p><b>SPECIAL OF THE DAY</b> Tuna &amp; cucumber sandwich Quiche lorraine</p> <p><b>TODAY'S VEGETABLES</b> Jacket potatoes, sweet corn, baked beans, salad bar</p> <p><b>DESSERT</b> Chocolate fudge cake, fresh fruit salad or low fat yoghurt</p>	<p><b>SOUP OF THE DAY</b> Asparagus soup Freshly baked bread</p> <p><b>DISH OF THE DAY</b> Tortilla chili beef bake topped with cheese</p> <p><b>VEGETARIAN OPTION</b> Root vegetable wellington</p> <p><b>SPECIAL OF THE DAY</b> Chicken salad ciabatta Roasted vegetable tart</p> <p><b>TODAY'S VEGETABLES</b> Jacket potatoes, mixed vegetables, baked beans, salad bar</p> <p><b>DESSERT</b> Whole fruit, fresh fruit salad or low fat yoghurt</p>	<p><b>SOUP OF THE DAY</b> Cream of tomato Freshly baked bread</p> <p><b>DISH OF THE DAY</b> Pork jambalaya with peppers &amp; pineapple</p> <p><b>VEGETARIAN OPTION</b> Cous-cous stuffed aubergine</p> <p><b>SPECIAL OF THE DAY</b> Cheese &amp; coleslaw sandwich Tomato tarte tartin</p> <p><b>TODAY'S VEGETABLES</b> Jacket potatoes, steamed green beans, baked beans, salad bar</p> <p><b>DESSERT</b> Citrus sponge &amp; custard, fresh fruit salad or low fat yoghurt</p>	<p><b>DISH OF THE DAY</b> Golden breaded cod fillet with chunky fries</p> <p><b>VEGETARIAN OPTION</b> Crispy coated veggie burger in a bun</p> <p><b>SPECIAL OF THE DAY</b> Tomato &amp; basil pasta</p> <p><b>TODAY'S VEGETABLES</b> Jacket potatoes, mushy or garden peas, baked beans, salad bar</p> <p><b>DESSERT</b> Whole fruit, fresh fruit salad or low fat yoghurt</p>

