

Monday

Breakfast

Breakfast is available from 7.30-10.30

A selection of cereals, yoghurts, porridge, fruit, fruit juices and cooked breakfasts on request.

Lunch

Breton braised lamb (C)

Diced lamb slowly cooked with onions, carrots and haricot beans

Or

Cheese and vegetable frittata (E Mk M)

Diced peppers, tomatoes and broccoli baked in free range eggs and cheese

Served with mash (Mk), cabbage and sliced beans

Pudding

Dulce and banana tray bake and cream (E G Mk N), yoghurt (Mk),
ice cream (Mk) or fruit

Tea

Jacket Potato with butter, cheese or beans served with salad leaves (G Mk)

Or

Tomato soup with a fresh bread roll (C Mk G)

Pudding

Sherry and ginger biscuit cream slice (E G Mk), yoghurt (Mk),
ice cream (Mk) or fruit

'Night Bites' are also available between 7pm and 6am. These include; tea, coffee, milky drinks, cold beverages, biscuits, sandwiches, cereals and toast.

Our menus are designed to be nutritious as well as irresistible.

Our emphasis is on great home cooking using the best, locally-sourced ingredients. Naturally, we can cater for individual preferences and dietary needs.

This is a sample menu and may be subject to change.

The Sandford

Tuesday

Breakfast

Breakfast is available from 7.30-10.30

A selection of cereals, yoghurts, porridge, fruit, fruit juices and cooked breakfasts on request.

Lunch

Toad in the Hole (*G E Mk*)

Tasty sausages in a crisp Yorkshire pudding batter served with onion gravy
Or

Sweet potato and chickpea curry

Sweet potato, chickpeas and tomatoes cooked in mild spices and served with rice
Served with rice / creamed potatoes (*Mk*), carrots and peas

Pudding

Bread and butter pudding (*G E Mk N SD*), yoghurt (*Mk*),
ice cream (*Mk*) or fruit

Tea

Creamed mushrooms on toast (*G Mk*)

Or

Assorted Sandwiches (*G C M E P F*)

Pudding

Tropical fruit cake with cream cheese icing (*G E Mk N SD*), yoghurt (*Mk*),
ice cream (*Mk*) or fruit

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Lunch

Mixed Grill (G)

A mixed grill of steak, sausage, bacon and black pudding served with grilled tomatoes and peas
Or

Brie and cranberry parcel (Mk, C, E, G)

French brie baked with cranberry sauce in a pastry casing
Served with creamed potatoes (Mk), Tomatoes, Peas

Pudding

Lemon drizzle sponge with custard (G E Mk), yoghurt (Mk),
ice cream (Mk) or fruit

Tea

Toasted crumpets with butter or jam (G E Mk)

Or

Assorted Sandwiches (G C M E P F)

Pudding

Autumn berry jelly and cream (SD), yoghurt (Mk),
ice cream (Mk) or fruit

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Lunch

Creamy chicken stew (*M E G Mk*)

Chicken, leeks and peas cooked in a creamy mustard sauce

Or

Aubergine, potato and goats cheese gratin (*Mk*)

Sliced aubergines and potatoes layered with tomatoes, herbs and crumbled goats cheese

Served with creamed potatoes (*Mk*), broad beans and kale

Pudding

Cherry pie and ice cream (*G E Mk*), yoghurt (*Mk*),
ice cream (*Mk*) or fruit

Tea

Prawns and Marie Rose sauce with Salad and bread and butter (*G E Mk*)

Or

Assorted Sandwiches (*G C M E P F*)

Pudding

Pink jam slice (*E G Mk*), yoghurt (*Mk*),
ice cream (*Mk*) or fruit

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A selection of cereals, yoghurts, porridge, fruit, fruit juices and cooked breakfasts on request.

Lunch

Beer battered fish and chips (*F M E G Mk*)

Traditional seaside favourite with a crispy beer batter coating

Or

Cheese and bacon quiche (*E G Mk*)

Diced bacon and onions and cheese baked in free range eggs on a pastry base

Served with chips (*G*), peas or mushy peas

Pudding

Banoffee pie (*G Mk*), yoghurt (*Mk*),
ice cream (*Mk*) or fruit

Tea

Tuna pasta bake and salad (*F G E Mk C*)

Or

Leek and potato soup with a roll (*G Mk M*)

Pudding

Ice cream with homemade vanilla biscuits (*E G Mk*), yoghurt (*Mk*),
ice cream (*Mk*) or fruit

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Saturday

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A selection of cereals, yoghurts, porridge, fruit, fruit juices and cooked breakfasts on request.

Lunch

Shepherd's pie (*C Mk*)

Traditional dish of minced lamb, onions and carrots cooked under a creamed potato topping
Or

Smoked mackerel and pilau rice (*F C*)

Pilau rice cooked in mild spices and served with flakes of smoked mackerel fillets
Served with creamed potatoes (*Mk*), mixed vegetables and parsnips

Pudding

Pear and ginger pudding and custard (*G E Mk*), yoghurt (*Mk*),
ice cream (*Mk*) or fruit

Tea

Assorted cheese and biscuits with salad and chutney (*G Mk M*)

Or

Assorted Sandwiches (*G C M E P F*)

Pudding

Baked egg custard tart (*E G Mk N*), yoghurt (*Mk*),
ice cream (*Mk*) or fruit

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Sunday

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A selection of cereals, yoghurts, porridge, fruit, fruit juices and cooked breakfasts on request.

Lunch

Roast pork (*G E Mk M*)

Local pork gently roasted and served with stuffing and apple sauce

Or

Stuffed peppers (*MK*)

Peppers baked with Mediterranean rice and cheese

Served with roast potatoes, creamed potatoes (*Mk*), carrots and cabbage

Pudding

Rice pudding (*Mk N*), yoghurt (*Mk*),
ice cream (*Mk*) or fruit

Tea

Baked beans on toast (*G*)

Or

Minestrone soup with a roll (*G C Mk*)

Pudding

Mandarin meringues and cream (*E Mk*), yoghurt (*Mk*),
ice cream (*Mk*) or fruit

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