

BENFLEET U3A
NEW YEAR LUNCH MENU
LA QUINTA, HADLEIGH

Friday 5 January 2018; 12:30 for 1 pm.

Price: £23 per person [excluding drinks]

Name:

Please put a ✓ against your choices

STARTERS	✓
La Quinta's traditional Prawn Cocktail in a Light Mayonnaise Dressing with Mixed Leaf Garnish and Lemon Wedge.	
La Quinta's Smooth Chicken Liver Pate with Red Onion Marmalade, Sliced Toast and Mixed Leaf Garnish.	
Baked Camembert ; Coated in Breadcrumbs with Summer Fruit Coulis and Salad Garnish.	
Breast of Chicken Kebab with Cherry Tomatoes, Red Onion and Mushrooms, served on a bed Fresh Salad with a light Mayonnaise dressing.	
Grilled Salmon Salad with a Poached Free Range Egg and a Basil, Dill and Olive Oil Dressing [may contain bones] .	

MAIN COURSE	✓
Succulent Breast of Roasted Chicken finished with Smoked Bacon Lardons, English Roast Potatoes and a Light Madeira Sauce.	
Baked Cod Fillet with Mushrooms, a Light White Wine and Thyme Sauce with Herb Mashed Potato [may contain bones] .	
Lamb Rump Steak ; Slow Braised with Four Spices and Red Wine, Accompanied by Dauphinoise Potato plus Seasonal Vegetables.	
Slow cooked Pulled Beef Brisket with English Roast Potatoes and Seasonal Vegetables in a Traditional Gravy and Puff Pastry Topper.	
La Quinta's Vegetarian Gluten Free Pasta with an Arrabiata Tomato Sauce and Seasonal Vegetables, and Grated Parmesan (V) [contains Chilli] .	

DESSERTS	✓
La Quinta Luscious Hot Rice Pudding with Malibu and Mango.	
Tantalising Pear Poached with Cinnamon plus a Hot Chocolate Sauce.	
Cream Filled Profiteroles with La Quinta's Hot Chocolate Sauce.	
Meringue Nest Topped with Whipped Double Cream and Mixed Berries.	
Deep Lemon Tart ; A Delicious Crisp Pastry Base Filled with a Smooth Lemon Citrus Filling; Served with Cornish Clotted Cream.	
Cheese and Biscuits available at £4 extra instead of dessert.	

To BOOK, for any queries or to return completed form, please contact
JILL PARR T: 01268 753035; E: jillparr@gmail.com