

Parsons Creative Food

Sandwich Lunch Menus – 2012

The sandwich lunch consists of a selection of sandwiches on speciality breads, inclusive of baguettes, wraps and ciabatta breads. The sandwiches are accompanied by mini quiches, finger foods and your choice of cake or fresh fruit.

Please select four fillings from the sandwich filling menu and then one from each of the other menus below:

Sandwich Fillings (Select Four):

- SL1 - Artichoke, Garlic Shoots & Parmesan Cream Cheese
- SL2 - Egg Mayonnaise, Bacon & Cress
- SL3 - Beef, Horseradish & Rocket Salad
- SL4 - Mature Cheddar, Spring Onion & Mayonnaise **V**
- SL5 - Smoked Salmon, Cucumber & Cream Cheese
- SL6 - Cumberland Sausage, Tzatziki & Tomato
- SL7 - Tarragon Chicken with Avocado Salad
- SL8 - Houmous & Curried Aubergine **V**
- SL9 - Ripe Brie, Maple Cured Bacon & Rocket
- SL10 - Garden Tuna Salad with Apple, Fennel, Red Onion,
- SL11 - Honey Roast Ham, Gorgonzola with Fig Jam & Tomato
- SL12 - Artichoke, Mascarpone & Garlic Shoots **V**
- SL13 - Caribbean Shrimp, Sour Cream, Romaine Lettuce, Avocado
- SL14 - Soft Goat's Cheese with Red Slaw, Grilled Yellow Squash **V**
- SL15 - Turkey & Waldorf salad with Celery & Apple
- SL16 - Chicken Curry Crunch with Mango Chutney & Iceberg Lettuce
- SL17 - Cannellini Bean, Tuna, Caper & Dill
- SL18 - Stilton, Beetroot & Horseradish Cream **V**
- SL19 - Pastrami, Cream Cheese & Mixed Leaf Salad
- SL20 - Aegean Chicken Salad with Feta Cheese, Tomato & Olives
- SL21 - Wensleydale & Roasted Peppers **V**

Mini Quiches (Select One):

- MQ1 - Classic Quiche Lorraine M
- MQ2 - Prawn and Dill Quiche F
- MQ3 - Asparagus & Parmesan Quiche **V**
- MQ4 - Brie & Broccoli Quiche **V**
- MQ5 - Butternut Spinach & Feta Quiche **V**
- MQ6 - Sticky Onion & Cheddar Quiche **V**
- MQ7 - Chestnut Mushroom, Leek, Sour Cream & Tarragon Quiche **V**

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Finger Food (Select One):

- F1-Chicken Skewers with Sate Sauce
- F2 Coriander & Ginger Shrimp with Thai Sweet Chill Sauce
- F3 Duck Spring Rolls with Vietnamese Sauce
- F4 Spinach & Feta Cheese Mini Strudels **V**
- F5 Teriyaki Salmon Skewers with Lime & Wasabi Mayonnaise Dip
- F6 Crisp Cheese Tikki Patties **V**
- F7 Thai Roast Beef, Spring Onions & Crème Fraiche in
Yorkshire Pudding

Dessert Option (Select One):

- D1 - Fresh Fruit Skewers
- D2 - Lime Cheesecake served in Glass
- D3 - Passion Fruit Macaroon
- D4 - Fruit Trifle served in Glass
- D5 - Chocolate Brownie Mousse
- D6 - Lemon Grass Cream & Red Fruit Compote
- D7 - Millionaires Shortbread